

HIGH RIVER
COOK BOOK

2 cups ^{one - broiled} sweet milk
 1/2 sugar
 1 teaspoon salt
 4 cups flour
 4 tablespoons ^{1/2} sugar
 1 cup chopped walnuts

Let rise 40 min
 when done ² ^{1/2} hours
 cover with brown sugar

1 whole lemon juice
 1 table spoon cornstarch
 1 " " vinegar
 1 " " lemon extract
 1/2 cup sugar
 1/2 cup hot water
 1/2 cup of water
 1 egg

chocolate
 dissolve & add
 a cup of whey
 sugar & boil till thick

Fines
 1/2 dozen eggs
 1- stiff
 1/2 cup sugar
 coconut

Oil meal
 1/2 cup
 1/2 cup fat
 1/2 cup sugar
 1 egg & tea B.P.
 1/2 cup
 salt

Fines
 1/2 cup short
 2 spoons
 1/2 cup
 1/2 cup
 3 table spoon mol
 milk

Compote oil

skull cap
 Haslein oil

641.5
H638h

HIGH RIVER COOK BOOK

Collected and Compiled by the
LADIES' AID OF CHALMER'S CHURCH,
HIGH RIVER.

August

Nineteen Hundred and Seven.

The Ladies' Aid wish to thank most cordially all who have assisted them in any way in getting out this Book, which they hope will prove of practical assistance to all who are interested in the "Good Food" problem.

HERALD COMPANY LTD.
Calgary, Alta.

Mustard pickle

Four quarts cucumbers quart green tomatoes four
green peppers bunch celery one cauliflower one
cup flour one sugar six tablespoon mustard
one turmeric powder enough vinegar for
pasting before adding Stir in two quarts
boiling vinegar add table spoon celery seed
a. Let boil twenty minutes

7385

SOUPS

JULIENNE SOUP.—Put a piece of butter, size of an egg, into a soup kettle; stir until melted. Fry three onions. Put in three quarts of good stock, salt, pepper, mace and celery seed, two chopped carrots, two chopped turnips, pint soaked peas. Boil two hours. I. Stewart.

TOMATO SOUP I.—One can tomatoes, one quart stock, one teaspoon sugar, one teaspoon salt, one saltspoon pepper. If you wish to thicken this soup, add one tablespoon of butter and one tablespoon cornstarch. Mrs. Burgess.

TOMATO SOUP II.—One quart can tomatoes, one pint rich milk, one tablespoon butter, two tablespoons flour, salt and pepper to taste. Rub flour and butter together and add to the milk. When tomatoes are cooked, strain through sieve; add milk, etc., return to stove and heat.

Mrs. Willard.

TOMATO SOUP III.—One cupful liquid from canned tomatoes, two pints stock or water. If water, add a small lump of butter and a little cream or milk, one small spoonful caraway seeds, half a dozen whole cloves, and pepper and salt to taste. Mrs. A. H. Spurr.

TOMATO SOUP IV.—Two cups milk, one and one-half tablespoons butter, one tablespoon flour, one cup tomatoes, half saltspoon soda, half teaspoon sugar, half teaspoon salt and pepper. Put the milk in a double boiler, mix flour and butter together, add to the milk when boiling. Cook tomatoes twenty minutes, add soda, sugar, salt and pepper. Add to the milk and serve immediately. Mrs. Williams.

TOMATO SOUP V.—One quart tin tomatoes, two pints stock or water, one and one-half ounces each of flour and butter, half pint milk or one gill cream, one teaspoonful sugar, pepper and salt to taste. Put tomatoes, sugar and liquid on to boil. Let simmer gently for three-quarters of

an hour, then strain through sieve. Rinse out pan. Put in butter and flour, and rub together over fire until smooth. Add strained soup by degrees. Stir one way until it boils and thickens. Warm cream and add to soup. Season to taste.

Mrs. Learmonth.

TOMATO SOUP VI.—One quart skinned tomatoes to one quart of boiling water. Stew till soft, then add a teaspoonful of soda. When it ceases to effervesce, add one quart of boiling milk, a little rolled cracker, salt, butter and pepper to taste. Boil a few minutes longer, then serve. A spoonful of sugar is considered by some a great improvement.

C. F. MacLeod.

SALMON SOUP.—One-half cupful of salmon, one pint of milk, a small piece of butter, one teaspoonful caraway seeds, and pepper and salt to taste.

Mrs. Spurr.

POTATO SOUP.—Three potatoes, four cups milk, one onion, two stalks celery, one teaspoonful salt, one-quarter teaspoonful pepper, two tablespoonfuls butter, one tablespoonful flour. Cook the potatoes in salted water, with the onion. When soft, mash smooth and rub through a fine sieve. Scald the milk with the celery. Remove the celery, add the butter and flour creamed together. Then add the prepared potatoes to the milk, and season with salt and pepper. Let come to a boil and serve at once.

Mrs. Williams.

VELVET SOUP.—One quart of veal or chicken stock; add one-half cupful tapioca (soaked overnight), yolks of two eggs, salt and pepper to taste. Simmer the tapioca and stock. Beat yolks lightly with a little water. Put the eggs in the tureen, pour over them the soup, stirring all the while. Season with a few cloves, onion and carrot.

M. N. Stewart.

ONION SOUP.—One pint of water, in which onions have been boiled, leaving in a few small pieces of onion. Add one cupful of milk or cream and a small piece of butter, and if preferred one-half cupful liquid from canned tomatoes may also be added. Season with caraway seeds, celery salt, salt and pepper.

Mrs. A. H. Spurr.

ARTICHOKE SOUP.—Eight artichokes, two onions, six cold potatoes, three ounces dripping, one pint of milk, three pints of water, salt and pepper. Wash and scrape the artichokes, cut them up with the onions; boil them in the water with the dripping and a little salt for two hours. Mash the cold potatoes until there are no lumps, and add them to the soup. Pulp it all through a colander. Half an hour before dinner add the milk, pepper and salt, while the soup is cool; then bring it to the boil, and serve.

CREAMED VEGETABLE SOUP.—One cup of cooked vegetable pulp, two cups of vegetable water, two cups of milk, four tablespoonfuls of flour, two tablespoonfuls of butter, salt and pepper. Press vegetables through a sieve or chop finely. Put vegetable water on to boil. Mix flour smoothly with a little milk. Stir this into the boiling liquid and stir constantly until thickened and boil two minutes. Stir in butter and vegetable pulp and the rest of the milk, and bring to simmering point. Season to taste and serve hot.

Miss Turner.

POTATO SOUP.—Cut three or four potatoes into small pieces and boil until very soft. Add one cupful of cream or milk, or, if preferred, drain off the water and add one pint of milk and a small piece of butter. Thicken with scorched flour, and season with parsley, salt and pepper. To scorch the flour, put a lump of butter and three or four spoonfuls of flour in a pan on the stove, stirring to keep it from burning, until the flour is a light brown.

Mrs. A. H. Spurr.

CREAM OF TOMATO SOUP.—Heat a quart of tomatoes, with a pinch of soda; strain, set over fire again; add a quart of scalded milk; season to taste; piece of butter size of walnut, and some rolled cracker crumbs.

Mrs. Smith.

CREAM OF TAPIOCA SOUP.—One-third cup tapioca, one head celery, one quart milk, two tablespoonfuls of flour, one onion, salt, pepper and mace. Soak the tapioca over night in a cupful of cold water. Chop the onion fine, boil in the milk for ten minutes; add the tapioca, celery and seasoning. Boil twenty minutes; add the two table-

spoonfuls of flour, mixed in a little cold water; let it boil a few minutes more. Parsnips or salsify may be used instead of celery.

M. N. Stewart.

CREAM CELERY SOUP.—Three cups finely cut celery, one pint boiling water, two and one-half cups of milk, one slice of onion, three tablespoonfuls of butter, one-quarter cup of flour, salt and pepper to taste. Wash celery and cook in boiling water till soft; put through sieve, saving both water and celery. Scald milk with onion in it; remove onion at once; add milk to celery. Melt butter and add flour to butter; then add to celery and milk. Boil in double boiler until of the right constituency. Miss MacDonald.

BEEF SOUP.—Take a piece of boiling beef, two pounds; put into a granite pot; cover with water; add half cup of rice, two grated carrots, half of a turnip, two parsnips grated, salt and pepper to taste, some bits of celery, and lastly some green onion tops, sliced very fine, or green chopped parsley. An excellent soup. Mrs. Willard.

BARLEY SOUP.—Put into a pot two pounds shin beef, quarter of a pound of pearl barley, bunch of parsley, four onions, six potatoes, salt and pepper to taste, and four quarts of water. Simmer gently four hours. Rub through sieve. Boil up once and serve. Mrs. McDonald.



FISH

CREAMED SALMON.—One can of salmon, one cupful cracker crumbs, enough milk to moisten a small piece of butter, pepper, and salt to taste. Bring to a boil, adding more milk as it thickens, then put on a platter, with bread crumbs on top, and bake until nicely browned.

Mrs. A. H. Spurr.

SALMON SOUFFLE.—Make a white sauce of two tablespoonfuls each of butter and flour, one teaspoonful of salt, a dash of white pepper, and one pint of milk; add one cup of stale bread crumbs, grated, a few drops of onion juice, a teaspoonful of chopped parsley, and the salmon from a single can, freed from skin and bones, and rubbed fine with a fork. Beat the ingredients together thoroughly, then beat in the beaten yolks of three eggs, and, lastly, fold in the whites of the eggs, beaten stiff. Turn the mixture into a buttered baking-dish; bake in a moderate oven about 25 minutes. Serve at once, either with or without a sauce.

Mrs. Dunlop.

PICKLED FISH.—Two cups of canned salmon or small bits of left-over boiled or baked fish of any kind; half cupful of vinegar, diluted with half cupful of water. Bring the vinegar to a boil, add a pinch of sugar, pepper, salt and spices; pour over the fish.

Mrs. A. H. Spurr.

FISH PIES.—One can of salmon, put a layer in a pie dish, sprinkle with pepper and salt, add a layer of bread crumbs; repeat until the dish is full. Let the top layer be bread crumbs, sprinkle with pieces of butter. Bake twenty minutes. Cold mashed potatoes may be used instead of bread crumbs, and any left-over fresh salmon may be used instead of canned salmon.

M. N. Stewart.

SALMON CROQUETTES.—Mix the fish with an equal quantity of mashed potato, adding a little melted butter, salt and pepper to taste. Mold into small cakes, roll in finely powdered crackers, then in beaten egg yolk and again in cracker dust. Fry in hot fat. Very nice.

Miss Stewart.

FISH CROQUETTES.—One pint of cold fish, minced fine, one pint of hot mashed potatoes, one tablespoonful of butter, one-half cup of hot milk, one egg well beaten, salt and pepper to taste. When cold, make into balls, dip into a beaten egg, roll in bread crumbs, and fry in hot lard.

Mrs. Partridge.

BROILED SHAD.—Clean, wash and split the fish down the back; lay on a well-buttered gridiron, skin upward, and broil over a clear fire, lifting a moment; turn the fish when the inside is browned. From 20 to 25 minutes should suffice for a fair-sized shad. Lay on a hot platter, adding a sauce made by beating a tablespoonful of butter light, add a little pepper and salt and finely minced parsley, also a little lemon juice. Garnish with parsley.

SCALLOPED FISH.—One heaping cupful of cold, boiled fish, picked into fine flakes with a fork, one cup of butter, one tablespoonful minced parsley, pepper and salt, half a cup of fine bread crumbs, one tablespoonful of grated cheese; mix all together, except the crumbs; turn into a greased bakedish, strew crumbs on top; brown quickly in the oven.

SALMON FINGERS.—Soak one pound of smoked salmon four or five hours in tepid water. When you have taken off the incrusting salt, lay them in cold water and bring to a gentle boil. Take out the salmon, wipe the fish dry, cut with a sharp knife into strips about the length of your middle finger and one inch wide. Have ready some melted butter, mix some juice of a lemon, a teaspoonful of Worcesterhsire sauce, and a pinch of cayenne; turn the strips of fish over in this until well coated, then roll in flour and fry in hot drippings. Arrange on a hot dish. This is a piquant relish and easily prepared.

FRIED WHITEFISH.—Clean without splitting, salt and pepper them, roll in cornmeal or flour, fry in cleared drippings. Drain off the fat; serve on a hot dish.

SCALLOPED CODFISH WITH CHEESE.—Soak one pound of salted codfish six hours in tepid water, then boil it. Heat a cup of milk to a boil, stir into it a tablespoonful of butter rolled in two of flour; mix with the picked fish and pour into a ~~bake~~ dish, strew grated cheese thickly on top, and ~~bake~~ in a quick oven to a delicate brown. It is much better, if preferred, to add a raw egg to the mixture before cooking it.

SALMON BISQUE.—Two cups of minced salmon, two cups of fine bread crumbs, one-half cup of butter, two quarts of boiling water, pepper and salt, a tablespoonful of minced parsley, two eggs beaten light. You can use canned salmon, if preferred. Rub the warm butter into the salmon, season, and put on the fire with boiling water; cook gently half an hour; stir in crumbs and parsley, simmer five minutes, add the beaten eggs, stir well and pour out. Serve crackers and lemon with it.

SARDINES ON TOAST.—Take sardines from the box, lay on soft paper to absorb the fat, pressing another sheet of paper on them. Have triangles of delicately browned and buttered toast on a dish, lay sardine on each and garnish with sliced lemon.

Mrs. Willard.

CURRIED SARDINES.—Box of sardines, drain off oil into frying pan, and into it dessertspoonful of curry powder, previously mixed with cold water. Thicken oil and curry with cornstarch; as soon as the sauce thickens with this it is ready to pour over the sardines, and then put all in oven to be heated.

Mrs. Eckford.

PARSLEY SAUCE FOR WHITEFISH.—One ounce of butter, one ounce of flour, half pint of milk, two tablespoonfuls of cream, lemon juice, pepper and salt. Rub butter and flour together in pan over fire till smooth; add milk

gradually and stir one way till it boils and thickens. Add cream, seasoning, lemon juice to taste, and a tablespoonful of chopped parsley.

Mrs. Learmonth.

OYSTER CANAPES.—For six people, cut two dozen oysters into small pieces. Put two level tablespoonfuls of butter in a saucepan or chafing-dish, and, when melted, add a generous cupful of cream. Let it come to a scald, add oysters and one tablespoonful of grated bread crumbs, with salt and pepper to taste. Have ready oblong pieces of bread cut a quarter of an inch thick and fried a golden brown in butter. Place in the bottom of a dish and pour the oyster mixture over them.

Mrs. Wallace.

BAKED FRESH TROUT.—Soak stale bread crumbs in cold water until soft, drain and mash fine; stir in three tablespoonfuls of melted butter, salt, pepper and a little sage. Fill fish with this and sew up. Put a little water in a baking pan with a small lump of butter; place fish in this and bake forty or fifty minutes.

Mrs. Burgess.

FISH SOUFFLE.—Two cups of milk, two tablespoonfuls of butter, two tablespoonfuls of flour, three eggs, one teaspoonful of salt, a little pepper, one-half cup of stale bread crumbs, two cups of cold flaked fish, one tablespoonful of chopped parsley. Make white sauce, add to it the seasoning and crumbs, pour over the beaten yolks, then add the flaked fish and parsley and finally fold in the whites.

Miss Turner.

FISH PUDDING.—One pound of boiled salmon, two ounces of butter, two eggs, one breakfast cup of bread crumbs soaked in milk. Beat salmon in a mortar, add to it a little cayenne pepper, mace, salt, anchovy or Harvey sauce. Mix all ingredients well together. Put in buttered basin to bake. Turn out and serve with lobster sauce or melted butter.

Miss Turner.

CODFISH BALLS.—Twelve potatoes, one pound of codfish; freshen fish over night. Boil potatoes. Mash potatoes and fish together. Add butter and milk, until of

the proper consistency to mold nicely into small balls. Roll in flour or bruised crackers. Fry in hot lard or butter until a nice brown.

Mrs. Willard.

SALMON LOAF.—One can salmon, four eggs beaten light, four tablespoonfuls of melted butter, one-half cup of bread or cracker crumbs. Season with salt, pepper and parsley. Chop the fish fine, then rub it, adding the butter until it is smooth like paste. Beat the crumbs with the eggs, and season before working all together. Steam in a mold for an hour.

Mrs. Allen.

OYSTERS SCALLOPED WITH MUSHROOMS.—A quart of oysters, half a can mushrooms, a heaping tablespoonful of butter, pepper, salt, cracker crumbs, a cup of rich milk, one beaten egg. Place layer of oysters in a buttered bake dish, season with pepper and salt, sprinkle with chopped mushrooms, cover with crumbs wet with milk and dotted with butter. Proceed in this order until the dish is full. The top layer should be moist with milk in which egg has been beaten, season well with pepper, salt and butter. Bake covered thirty minutes, then brown. Serve crackers and lemon with it.

Mrs. Willard.

HALIBUT STEAK.—Wash and wipe the steak, dip in beaten egg, roll in cracker crumbs, seasoned with pepper and salt, and fry in hot drippings. Or you may broil the steaks on a gridiron. Serve on a hot dish. Rub on both sides with a mixture of butter, pepper, salt and lemon juice.

Mrs. Willard.

LITTLE PIGS IN BLANKETS.—Season large oysters and cut very thin strips of bacon about two by three inches. Wrap oysters in bacon and fasten with small wooden toothpicks; cook a nice brown. Serve with picks in them.

Mrs. Allen.

MEATS

BEEF LOAF.—Three pounds of beefsteak minced fine, one-half dozen rolled soda biscuits, one cup of sweet milk, one egg, salt and pepper, and one onion chopped fine. Form in a loaf and bake two hours in a hot oven.

Mrs. McLaren.

HOME-CURED AND PRESSED TONGUES.—Take a fresh beef tongue, wash well and trim off roots, one cup of coarse salt, one-half cup of brown sugar, one teaspoonful carbonate of soda, one teaspoonful of saltpetre (powdered). Mix sugar and spices well in a bowl and rub into tongue all over until used. Place in a deep dish in a cool place. Turn every day for ten days. Put on to cook with plenty of water and let boil slowly all day till quite soft. Skin and put into a round bowl, cover and press down with heavy weight. Leave till next day.

Mrs. Ramage.

SPICED BEEF.—Twelve pounds of beef cut from the round, two ounces of saltpetre, one large tablespoonful of black pepper, one teaspoonful of cloves, one small nutmeg, one-half pound brown sugar, one cupful of coarse salt. Rub well into beef and turn every day for twelve days.

Huntingdon Cook Book.

VEAL RAGOUT.—Take remnants cold veal, chop fine, rub a tablespoonful of butter into one cupful of brown flour, mix this with a cupful of stock; stir until boiling, in a saucepan; chop about a cupful of mushrooms, add these and two tablespoonfuls of tomato catsup to the stock, also salt and pepper to taste. Put in veal and stew gently ten minutes.

Mrs. Willard.

TOAD IN THE HOLE.—One pound of round steak, one pint of sweet milk, one cup of flour, one egg, salt and pepper.

Chop steak; beat egg very light, add milk and pour on the flour gradually, beating smooth. Butter a two-quart dish, put meat in dish and season well. Over this pour the batter. Bake an hour in a moderate oven. Serve hot.

Mrs. Willard.

REEF SHAPE.—Chop cold roast beef till very fine (or put through the mincer), half as much stale bread crumbs as meat, pepper and salt, one unbeaten egg, one small onion minced finely. Steam one and one-quarter hours or a little longer in a buttered dish. Make sauce of one tablespoonful of butter one of flour. Warm a little canned tomato and strain into sauce until a deep pink. Pour over shape after it is on platter.

Mrs. Waugh.

BROILED LIVER.—Cut the liver in thin slices, pour boiling water over it and drain off immediately; skin, season with salt and pepper, dip in melted butter and broil on buttered gridiron or broaster. Dish on hot platter, pour melted butter over it and sprinkle with chopped parsley. Slice of bacon may be served with this.

Mrs. McDonald.

CURRIED MUTTON.—Put breast of mutton in stew-pap with two quarts of water, season with salt and pepper, and simmer slowly one and one-half hours. Cut an onion in slices and brown nicely in butter; add teaspoonful of curry powder and a little salt. Take meat out of broth, stir in curry, put meat back and stew an hour longer.

Mrs. McDonald.

PEA TIMBALES (to serve with lamb).—One cup of pea pulp, one teaspoonful salt, pepper, two beaten eggs, two tablespoonfuls of melted butter. Beat thoroughly together, fill mold three-quarters full, poach in over for twenty minutes or until it is set.

Mrs. W. T. Hamilton.

BEEF ROLL.—Take two pounds of steak, well minced; season to taste; put meat on a flat dish, then take hard-boiled eggs, place same in a row on the meat, and roll the meat. Sprinkle with bread crumbs. Bake in a moderate oven.

Mrs. Partridge.

BEEFSTEAK ROLLS.—Prepare a good dressing, such as you like for turkey or duck; take a round steak, pound it, but not very hard, spread the dressing over it, sprinkle in a little salt, pepper, and a few bits of butter; lap over the ends, roll the steak up tightly and tie closely; spread two great spoonfuls of butter over the steak after rolling it up, then wash with a well-beaten egg; put water in the bake-pan, lay on the steak, and bake as you would a duck, basting often. A half-hour in a brisk oven will bake. Make a brown gravy and send to the table hot.

Mrs. Dunlop.

SPICED BEEF.—Take about ten pounds of the round of beef, one and one-quarter cups of salt, one-half cup of brown sugar, and a teaspoonful each of different kinds of spice, a few whole cloves and black pepper, two teaspoonfuls of saltpetre. Mix all together and put about half of the quantity on the meat, rubbing it in well, and then turn the meat every day, and use the rest in two or three days. Do this for ten days, then boil three hours. Stand in water a while, then put in mold.

Mrs. Varley.

BEEF LOAF.—Two and one-half pounds of hamburg steak, one-half pound of fresh pork, six soda crackers, two tablespoonfuls of melted butter, one teaspoonful of pepper, one teaspoonful of salt, one teaspoonful of sage, two eggs. Bake together like a loaf of bread, and cook in oven for two and one-half hours.

Mrs. Anderson, Sr.

BEEF CROQUETTES.—Chop bits of cold beef very fine; to one cupful of chopped meat add one-half cup of cracker crumbs, one egg, mustard, ground celery seed, pepper and salt; mix together. A little hot water or meat gravy may be needed to make the crumbs stick together. Make into little cakes and fry in a hot buttered pan.

Mrs. Wallace.

PICKLE FOR BEEF OR PORK.—For one hundred pounds take nine pounds salt, three gallons water, three ounces of saltpetre, one quart of molasses, three pounds of brown sugar, one-half pound soda. Boil the above and pour on when cold.

Mrs. Wallace.

POULTRY AND GAME

PRESSED CHICKEN.—Boil chicken till tender; bone and pull to pieces in flakes; season with butter, salt, pepper and celery salt; then pour over it the broth in which it was boiled and mix well together. Press tightly in mold.

Mrs. Learmonth.

VENISON STEAK.—Sprinkle the steak with pepper and salt, roll in cracker crumbs, and fry in butter to a rich brown. When done, remove to a hot platter, and cover. Dredge a heaping teaspoonful of flour into the butter in the pan, stir until brown, add a small teacup of boiling water, a tablespoonful of currant jelly dissolved in it; stir a few minutes, then pour over the meat.

M. N. Stewart.

CHICKEN CREAM.—Grate the breast of a large chicken finely, and press it through a wire sieve; mix in small quantity of flour, tablespoonful of bread crumbs and white of an egg well beaten, season with salt and pepper; mix all together with small cup of thick cream. Butter a mold, press all in, and steam for two hours. Serve with thick yellow sauce poured over it, and garnish with rolls of bacon.

Mrs. Eckford.

JUGGED HARE.—Skin, wipe with towel dipped in boiling water, to remove loose hairs; dry thoroughly, and cut in pieces; season with pepper and salt; fry brown; season with two anchovies, a sprig of thyme, a little chopped parsley, nutmeg, mace, cloves, and grated lemon peel. Put a layer of the pieces, with seasoning, into a wide-mouthed jug or jar, then a layer of bacon, sliced very thin; and so on until all is used; add a scant half-pint of water, cover the jug close, and put in cold water. Let boil three or four hours, according to the age of the hare. Take the

jug out of the kettle, pick out the unmelted bacon, and make a gravy of a little butter and flour and a little catsup.

Mrs. McDonald.

FRIED QUAIL.—Split open on the back and boil until tender; have an equal quantity of butter and lard hot in frying-pan, put in the birds and fry a nice light brown. Lay the quail on slices of toasted bread, and pour over them gravy from pan.

Mrs. McDonald.

SMOTHERED CHICKEN.—Cut up chicken as for frying. Brush all over with melted butter, salt and pepper, then dust with flour. Fry in lard until a light brown color. Take out and put in baking pan, cover with three cups of boiling water. Cover pan closely and bake until tender.

Miss MacDonnell.

CHICKEN CROQUETTES.—Boil fowl till very tender; mince fine; add half a pint cream, half a cup of butter, salt and pepper to taste. Mold in oval shapes and fry like fritters.



DRESSINGS AND SAUCES FOR GAME

CHESTNUT DRESSING.—Pare English chestnuts, blanch, boil till soft in salted water, mash, season with salt, pepper and butter, and mix well with equal quantities of bread and cracker crumbs which have been previously soaked in milk.

Mrs. W. T. Hamilton.

OYSTER DRESSING.—Cut up raw oysters, roll in egg and cracker crumbs, and pack loosely in bird.

Mrs. W. T. Hamilton.

BREAD SAUCE.—Put one cup of milk and one-quarter cup of stale bread crumbs in double boiler, with a small onion; into onion insert three to six cloves; cook until milk has all been absorbed. Remove onion, beat in one tablespoonful of butter. If served on platter, sprinkle over with bread crumbs, or if served in sauce dish, brown, are placed in another dish and both are served together.

Mrs. W. T. Hamilton.

OYSTER SAUCE.—Take two tablespoonfuls of butter, and two tablespoonfuls of flour; blend together and add one cup of milk; stir constantly till cooked, and add chopped oysters five minutes before serving.

Mrs. W. T. Hamilton.

CURRENT JELLY SAUCE.—Two tablespoonfuls each of butter and flour, blended and cooked till butter is browned; then add currant jelly to taste.

Mrs. W. T. Hamilton.

RICE TIMBALES.—Put rice in sieve and wash thoroughly; put in six times the amount of boiling salted water; cook till soft, then pack, while hot, into slightly greased dish, standing dish in pan of hot water in oven for ten minutes, or till set. Turn out on game platter.

Mrs. W. T. Hamilton.

SAUCE A LA DELMONICO.—One cup of brown stock, one-quarter cup of carrots (sliced), two tablespoonfuls of flour, one cup of olives. Cook olives till soft, then remove stones and cut finely. Make a sauce of the flour, butter and stock; then add cooked carrots and olives, and serve.

Mrs. W. T. Hamilton.

CRANBERRY SAUCE.—One and one-half quarts of cranberries, pressed through a colander, one and one-half quarts of chopped onions, two pounds of brown sugar, one and one-half tablespoonfuls of salt, one quart vinegar, one tablespoonful each of ginger, cloves, allspice and cinnamon. Boil until thick.

Mrs. McLaren.

SQUAB AND CORN.—Make a dressing of green corn as follows: Put corn from six ears in a saucepan, with two tablespoonfuls of butter, one egg, four tablespoonfuls of water, salt and pepper to taste. Cook this mixture till it thickens; then stuff the birds with it. Roast the squabs with a slice of fat bacon across the breast of each and a little hot water in pan.

Selected.



VEGETABLES

STEWED CELERY.—Cut the celery in pieces about an inch long; cook in boiling, salted water about half an hour (not too much water); mix a tablespoonful of flour in a little cold water, add pepper and butter; pour into the celery just before removing from the stove.

M. N. Stewart.

FRENCH CABBAGE.—Chop cabbage rather fine, boil in salted water about twenty minutes or half an hour; drain; then almost cover with milk; when boiling, add a tablespoonful of flour mixed in a little cold water, pepper and butter to taste. Stir a minute to cook flour.

M. N. Stewart.

GREEN PEAS.—Shell and put into boiling water, cook from thirty to thirty-five minutes; drain, and season with rich milk or cream, butter, pepper and salt. Some cooks add a little flour or cornstarch to thicken the gravy.

Mrs. Burgess.

BAKED BEANS.—Boil about a quart of beans until they begin to split, with a pound or two of salt, fat pork; put beans in the baking pan; score pork across the top and settle in the beans; add two tablespoonfuls of sugar or molasses, and bake in a moderate oven two hours. They should be very moist when first put into the oven, or they will grow too dry in baking.

FRIED SWEET POTATOES.—Peel, slice and drop in smoking hot fat, turning to brown both sides; or fry sliced cooked ones in same manner.

Mrs. McDonald.

SALADS

BEAN SALAD.—Line a flat serving dish with well-crisped lettuce leaves. Use your left-over beans from a jar of beans, placing a portion upon each leaf; garnish with alternate slices of cucumber and tomatoes, with bits of celery and onion, or substitute beets for the tomatoes, and add small sweet peppers stuffed with yolk of hard-boiled egg. Dressing: Cream mayonnaise for this salad is made by beating very thoroughly the yolks of two eggs, adding juice and pulp of a lemon, four tablespoonfuls of olive oil, one small cupful of whipped cream, a little sugar, salt and paprika. The oil and lemon must be blended with the egg very slowly and carefully, then add beaten whites, salt and sugar, and last the cream.

A HARLEQUIN IN COLOR.—Slice crisp cabbage (both red and green) with a very sharp, thin knife, using also green peas boiled in salted water and then put on ice, sliced beets (red and yellow), with bits of carrots and delicate slices of pink onion. Line the salad dish with lettuce leaves and pour over the whole a French dressing.

SPINACH SALAD (Green and Yellow).—Place one pint of minced, cold, boiled spinach on a dish; chop separately the whites and yolks of two hard-boiled eggs, and arrange them, mixed in little mounds, on the spinach. Cover with French dressing.

GOOD BOILED DRESSING.—One cupful of vinegar, salt to taste, one teaspoonful of sugar, mustard to taste, one spoonful of flour, one spoonful of butter. Stir continuously until mixture reaches the boiling point, turn out and cool and add well-beaten egg and one-half cupful whipped cream.

Mrs. Sutherland.

SALMON SALAD.—Flake one can salmon and mix with minced parsley, celery and grated cucumber. Form dessertspoonfuls into balls, arrange in dish, and place cream dressing about it.

Mrs. Alley.

HAM SALAD.—Two pints of chopped ham, one pint of chopped pickles, two hard-boiled eggs; take two tablespoonfuls of cream, two beaten eggs, put in a double boiler, one large tablespoonful of mustard, salt and pepper to taste. When boiled, stir in one and one-half cups of vinegar. Mix all together when cooled.

Mrs. Partridge.

CABBAGE SALAD.—One head of cabbage or lettuce, two cups of vinegar, two eggs, two tablespoonfuls of sugar, four teaspoonfuls of made mustard, four teaspoonfuls of butter.

Mrs. Wallace.

WALDORF SALAD.—Equal quantities of celery and apples; half the quantity of walnuts; add lemon juice, salt and cayenne. Mix with boiled dressing.

M. N. Stewart.

WALDORF SALAD.—Chop equal parts of tart mellow apples and tender white celery; to one quart of this mixture add one cupful of English walnut meats, cut in quarters. Mix and serve with either cream salad dressing or with a mayonnaise.

Mrs. Dunlop.

CHICKEN SALAD.—Two chickens boiled tender; when cold, cut in small pieces; four bunches of celery, cut up small; half pound English walnuts.

SALAD DRESSING.—Five eggs, ten spoonfuls of sugar, one-half teaspoonful of salt, one teaspoonful of mustard stirred into one-half cup of vinegar; cook in double boiler. When cool, add one-half cup of cream and dash of red pepper.

Mrs. L. M. Roberts.

CHICKEN SALAD.—Cut cold boiled chicken into dice. Use sharp knife, so that meat will be cut, not pulled apart. Cut celery in small pieces. Use about equal parts of celery and chicken. Make a dressing by beating yolk of one egg

until light, add one-half teaspoonful each of mustard and sugar, and a pinch of salt. Mix until smooth, then add two tablespoonfuls of salad oil and four of vinegar. Beat well together, and add to chicken and celery, which should be seasoned to taste.

Mrs. Learmonth.

APPLE SALAD.—Slice very tart apples, add a few stalks of celery cut into half-inch pieces, and a cup of coarsely chopped walnuts. Pour cream salad dressing over it and serve very cold on lettuce leaves.

Mrs. Alley.

CREAM SALAD DRESSING.—Boil one cup of butter and one-half cup of vinegar, seasoned with a pinch of salt and cayenne pepper; add six well-beaten yolks of eggs, and immediately remove from stove; add one cup of cream, beating it well. Then set on ice and beat until smooth.

Mrs. Alley.

CABBAGE AND SALMON SALAD.—One small head of cabbage cut fine, one cupful of cream, and vinegar, sugar, pepper and salt to taste. After pouring this over the cabbage, beat all until light and frothy. Put in a shallow salad dish and spread two cupfuls of canned salmon over the top.

Mrs. A. H. Spurr.

PINEAPPLE SALAD.—Shred a pineapple until two cupfuls of the flaked fruit is got. To this add one cupful of chopped celery and one sweet red pepper cut into dice. The ordinary mayonnaise, diluted with whipped cream, is used wth this salad.

Mrs. Dunlop.

VEGETABLE SALAD.—Three tomatoes, peeled and sliced, one teaspoonful finely chopped onion, two small cucumbers, peeled and sliced. Put all on crisp lettuce leaves; pour over dressing and mix lightly.

Mrs. Learmonth.

ORNAMENTAL SALAD.—For a lunch party of ten persons, boil hard one dozen eggs; place the eggs into cold water to cool; the shells come off nicely with a sharp knife. Remove the yolks, laying the whites aside, but keeping the two halves of egg separately, having ready a mayonnaise

dressing. Season it highly with pepper, salt, mustard; mingle this with the smoothly mashed yolks until the whole is of a consistency that will resemble the original egg. Stuff the whites with their new yolks, refitting so well that no one would know the egg had been disturbed. With a sharp knife shred as much crisp, firm lettuce as will make a large natural looking nest. Place this nest on the middle of an elaborate dish. Heap high the eggs in the centre, and when the border decoration of large, tender lettuce leaves is laid tastefully around, interspersed with coimos-shaped flowers carved out of edible red beets, one has a dish fit for a king. No sauce is needed.

CREAM DRESSING FOR COLD SLAW.—Take two tablespoonfuls of whipped sweet cream, two tablespoonfuls of sugar, four tablespoonfuls of vinegar; beat well; pour over cabbage previously cut very fine and seasoned with salt

Mrs. Willard.

BOILED DRESSING.—One-half tablespoonful of salt, one teaspoonful of mustard, one and one-half tablespoonfuls of sugar, a few grains of cayenne, one-half tablespoonful of flour, yolks of two eggs, one and one-half tablespoonfuls of melted butter, three-quarters cup of milk, one-quarter cup of vinegar. Mix dry ingredients, add yolks of eggs slightly beaten, butter, milk, and vinegar very slowly; cook over boiling water until mixture thickens; strain and cool.

C. T. MacLeod.

FRUIT SALAD.—Layers of different kinds of fresh fruit. Pour over syrup made by boiling one-half pint of water and one-half pint of sugar for ten minutes. Flavor as desired. Put in molds or glasses. Pour over whipped cream.

Mrs. Learmonth.

BANANA SALAD.—Cut the bananas in half, crosswise; roll in finely chopped walnuts; lay each piece on a crisp lettuce leaf. Pour over each a tablespoonful of salad dressing. Very nice with cold ham. M. N. Stewart.

CABBAGE SALAD.—One small head of cabbage, chopped fine, seasoned with pepper and salt; beat one egg and half cup of cream or milk; mix through the cabbage. Boil one-half cup of cider vinegar, to which add one tablespoonful of sugar; while hot, pour over the cabbage. Serve cold.

Mrs. G. A. Findlay.

APPLE AND CELERY SALAD.—Three tart apples, two cups of celery cut in dice, one bunch lettuce, mayonnaise or cream dressing. Wash and crisp the lettuce; pare the apples and cut into dice; mix with the celery. Arrange the lettuce on plates for individual serving. Put the celery and apple in the centre.

Mrs. Allen.

FRENCH SALAD DRESSING.—Rub till smooth the yolks of two hard-boiled eggs; add one teaspoonful of powdered sugar, one-quarter teaspoonful of white pepper, one teaspoonful mixed mustard, one-half saltspoonful of salt and a pinch of cayenne. Mix thoroughly. Add equal amounts of cream and vinegar until the mixture has the desired consistency. Rub the rind of a fresh lemon on a piece of loaf sugar and dissolve in the vinegar.

Mrs. Willard.

BOILED SALAD DRESSING.—One-half tablespoonful of salt, one teaspoonful mustard, one and one-half tablespoonfuls of sugar, few grains of cayenne, one-half teaspoonful of flour, yolks of two eggs, one-quarter cup of vinegar (pour slowly), three-quarter of a cup of milk (stir in slowly), one and one-half tablespoonfuls of melted butter.

M. G. Brown.

CHICKEN SALAD.—Boil one chicken tender. Remove meat from bones and chop finely. Two tablespoonfuls of mustard, three eggs boiled hard. Chop the whites with chicken, the yolks rubbed fine with the mustard; one tablespoonful of salt, three tablespoonfuls of butter, one teaspoonful black pepper, vinegar enough to moisten it. Chop three heads of celery to one chicken. Mix all together and serve.

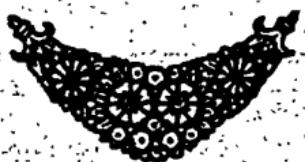
Mrs. Crabbe.

SALAD DRESSING.—One pint of cream, whipped very stiff; add very gradually two rather scant cups of white sugar; one-quarter teaspoonful of cayenne pepper, two heaping teaspoonfuls of dry mustard, two level teaspoonfuls of fine salt, four eggs, one pint vinegar (cider, or Crosse & Blackwell's malt vinegar). Mix the dry ingredients with a little of the egg, so it will not be lumpy, then stir in the cream which has the sugar in it; add vinegar last. Put all in a pot and cook in double boiler or on an asbestos mat, stirring all the time. When as thick as custard, take off, and when cold put in a self-sealing jar and put top on tight. If kept air-tight, this will keep for months.

Mrs. Waugh.

POTATO SALAD.—Chop cold boiled potatoes (must be fresh boiled a few hours before using), cucumbers, onions and celery. Mix with dressing just before serving.

Mrs. Waugh.



PUDDINGS

SUET PUDDING.—One cup of suet, one cup of brown sugar, one cup of bread crumbs, one cup of raisins, one cup of currants, one cup of figs, one cup of sweet milk, one-half cup of citron peel, four eggs, one teaspoonful of soda, two teaspoonfuls of cream of tartar, enough flour to make a stiff batter. Steam four hours. Mrs. Riley.

LEMON PUDDING.—Beat yolks of four eggs with four tablespoonfuls of sugar and juice and rind of one lemon, and two tablespoonfuls of hot water. Simmer till thickens; remove from fire. Whip whites of four eggs and add two tablespoonfuls of sugar, then use about two-thirds of the whites to stir into pudding, reserving rest for meringue. Eat cold. Mrs. H. H. Dexter.

PLUM PUDDING.—Five eggs, one cup brown sugar, one cup of molasses, one cup of milk, one pound of suet, one pound of raisins, one pound of currants, one-half cup of bread crumbs, one pint of flour, one-quarter pound of citron and lemon, one teaspoonful of cinnamon, one teaspoonful of cloves, salt, one teaspoonful of soda in milk. Steam three hours. Mrs. Crabbe.

CARROT PUDDING.—One cup of sugar, one cup of grated carrots, one cup of grated potatoes, one cup of suet, one cup each of currants and raisins, one teaspoonful of soda, one teaspoonful of cinnamon, cloves and allspice, flour enough for stiff batter. Steam four hours. Mrs. H. J. Winch.

MARMALADE PUDDING.—One pound marmalade, six ounces of suet, one-half pound of bread crumbs, one-quarter pound of sugar, two eggs. Butter the mold and line it with a little of the marmalade; pour in the mixture. Steam it for four hours.

GLENGARIFF PUDDING.—Boil in one pint of new milk a small piece of cinnamon and a little lemon peel; strain it; sweeten and add a pinch of salt and sufficient vermicelli to form a thick cream; let it simmer for a few moments; remove it from the fire and add the beaten yolks of two eggs. Pour it into a buttered mold and steam it for half an hour, or until the egg is set. Let it get cold, then turn it out and serve it with the whites of the eggs frothed and sweetened, or with whipped cream or custard.

Miss Turner.

CHOCOLATE TAPIOCA PUDDING.—Two tablespoonfuls of tapioca, soaked for one-half hour in one-half cup of cold water. Add three cups of hot milk, yolks of two eggs, one-half cup of sugar, two tablespoonfuls of grated chocolate, pinch of salt. Cook in double boiler till tapioca is soft. Whip whites of eggs, sweeten, flavor, and use for meringue.

Mrs. H. H. Dexter.

TAPIOCA CREAM PUDDING.—Soak four tablespoonfuls of tapioca in water over night. In the morning put a quart of milk in a farina kettle, and when the milk gets to the boiling point, stir in the tapioca; add a half pint more of milk and let it cook till the tapioca is all dissolved, so there are no large lumps of it to be seen. Beat the yolks of four eggs with six heaping tablespoonfuls of granulated sugar to a foam, grate in half a small nutmeg, and add a teaspoonful of vanilla extract. Stir in a pinch of salt, then take the kettle from the range and pour the milk over the beaten eggs, stirring quickly with a silver fork while it is being poured in to keep it from curdling; put back in the kettle and let it cook until it begins to wrinkle on top, then pour into your pudding dish. This pudding may be eaten either hot or cold. It is really better cold.

E. P. Simpson.

BREAD PUDDING FOR CHOCOLATE, ORANGE OR LEMON.—One large cup of stale bread crumbs, soaked in one pint of milk for half an hour; add two well-beaten eggs, two tablespoonfuls of white sugar, two bars of unsweetened chocolate, dissolved well in as little boiling water.

as possible. Mix all well; dot top of pudding with bits of butter (about one tablespoonful). Can use grated rind and juice of an orange or lemon instead of the chocolate. Bake about half an hour, or until firm in centre, in moderate oven. Eat with cream and sugar. *Mrs. Waugh.*

SNOW PUDDING.—One ounce gelatin; pour on it one-half pint boiling water, add two cups sugar, the grated peel and juice of two lemons. Strain into a deep dish to cool, and let stand until jellied. Beat the whites of four eggs to a stiff froth, add to jelly; beat until white and begins to thicken. Serve with a custard made from the yolks and a pint of milk, sweetened and flavored to taste. *Mrs. Alley.*

AIRY PUDDING.—Soak one-third box of gelatine in one pint of water about ten minutes, put on fire until heated and dissolved; put over hot water and add three-quarters of a cup of sugar. After taking off the stove add juice of two lemons. After it begins to mold, fold into it the beaten whites of two eggs. Serve with whipped cream. *Mrs. L. M. Roberts.*

FIG PUDDING.—Chop together one-half pound of figs, one cup of suet, one-half cup of bread crumbs; add one tablespoonful of sugar, three eggs, one cup of milk, flour to make a stiff batter, one teaspoonful of soda, two teaspoonsfuls of cream of tartar. Boil or steam three hours. *Mrs. Riley.*

SUET PUDDING.—One cup of chopped suet, one tea-cup of molasses, one cup of sweet milk, three and one-half cups of flour, one cup of raisins (seeded), a pinch of salt, one teaspoonful of soda, one-half teaspoonful of cinnamon, cloves and allspice. Steam two hours. *Mrs. Smith.*

ORANGE PUDDING.—Take four good-sized oranges, peel, seed and cut into small pieces; add one cup of sugar and let it stand. Into one quart of nearly boiling milk stir two tablespoonfuls of cornstarch mixed with a little water and the yolks of three eggs. When it is done, let

cool and mix with the orange. Make a frosting of the whites of the eggs and one-half cup of sugar. Spread over the top of the pudding and set the whole in the oven to brown.

Mrs. Smith.

PUDDING SAUCE.—Beat two eggs, one cup of powdered sugar, and a quarter of a cup of butter together for ten minutes. Add the juice of an orange, one tablespoonful of lemon juice, a little grated nutmeg, a teaspoonful of vanilla and one cup of boiling water. Cook over hot water until hot and about the consistency of cream. Use at once.

Mrs. Riley.

STRAWBERRY PUDDING.—Cream, one cup of sugar, one tablespoonful of butter, yolks of five eggs, two cups of fine bread crumbs soaked in one quart of milk; flavor with vanilla; pour into a deep pudding dish, and bake until the custard is set. Roll a pint of nice strawberries in powdered sugar, spread over the pudding, and cover with a meringue made of the beaten whites of eggs, three tablespoonfuls of sugar. Return to the oven until a delicate brown.

MINCE MEAT.—Two pounds lean beef, chopped fine; one pound beef suet, chopped fine; five pounds of apples, minced fine; three pounds of raisins, two pounds of currants, well cleaned; one tablespoonful cinnamon, two grated nutmegs, two ounces of mace, five tablespoonfuls of salt, two and one-half pounds of sugar, one-half pound each of lemon, citron, and orange peels, minced fine; one-half pint of sweet cream, one quart cider, and one pint fruit juice. This makes two gallons.

CARROT PUDDING.—One and one-half cups of flour, one cup of sugar, one cup of suet, one cup of raisins, one cup of currants, one cup of grated potatoes, one cup of grated carrots, one teaspoonful of soda, one-quarter pound each of lemon, orange and citron peel, one-half cup of molasses, one nutmeg, two teaspoonfuls of cinnamon. Steam two and one-half hours. To be eaten with a brandy sauce.

Mrs. Willard.

GRAHAM PUDDING.—One cup of sour milk, one cup of molasses, two cups of Graham flour, one egg, one teaspoonful of soda, one teaspoonful of salt. Mix. Steam two hours. Serve with cream or hot sauce.

DATE PUDDING.—Two eggs, one cup of sugar, one-quarter cup of butter, one-quarter cup of milk, one teaspoonful of baking powder and flour enough to make a stiff batter. Stir in one cupful of stoned dates. Put in a well greased mold and steam one hour or longer. Serve with fruit sauce or whipped cream. M. N. Stewart.

BROWN CUP SAUCE.—Beat one-half cup of butter to a cream; gradually beat into it one cup of powdered sugar. When the mixture becomes light and creamy, beat into it the juice and rind of one lemon. Set the bowl in a pan of boiling water for two minutes.

HARD SAUCE.—Cream two cups of powdered sugar and one-half cup of butter. When well creamed, beat in one-half teaspoonful of nutmeg and the juice of a lemon; whip smooth and light. Mold neatly upon a butter plate and set in the cold to harden.

STRAWBERRY SAUCE.—Mash one quart of strawberries, over which a cup of sugar has been poured. Let the fruit stand for three hours. Ten minutes before serving time put it into a stewpan and on the fire. It should be heated simply to the boiling point, and will then be ready for use.

VANILLA SAUCE.—Two level tablespoonfuls of butter, two level tablespoonfuls of flour, pinch of salt, one cup of boiling water, four level tablespoonfuls of sugar, one teaspoonful of vanilla. Melt butter in saucepan, add flour and salt, and mix until smooth; add slowly the boiling water, stirring and beating well. Add sugar and milk.

CHOCOLATE SAUCE.—Two level tablespoonfuls of butter, one level tablespoonful of flour, pinch of salt, one cup of boiling water, one square of Baker's chocolate, four

level tablespoonfuls of sugar, one teaspoonful of vanilla. Melt butter in saucepan, add dry flour and salt and mix till smooth, then add slowly the hot water, beating well. Add the square of chocolate and sugar, and stir until melted. Add vanilla just before serving.

FIG PUDDING.—One-fourth of a pound of figs, chopped fine, two cups of bread crumbs, one cup of brown sugar, one-fourth pound of suet, chopped fine, two eggs, the grated rind and juice of one lemon, one dessertspoonful of molasses, one-half of a grated nutmeg, one tablespoonful of flour. Steam three hours and serve with boiled sauce, flavored with lemon. *Mrs. R. A. Wallace.*

CARROT PUDDING.—One cup of raisins, one cup of currants, one egg, one cup of chopped suet, one cup of grated carrots, one teaspoonful of soda, flour. Steam two hours. Sauce for pudding: Three-quarters of a cup of brown sugar, one tablespoonful of butter, one tablespoonful of vinegar, one tablespoonful of flour, nutmeg to taste. Stir all together, then pour in one cup of boiling water. Boil till thick. *Mrs. Connell.*



PIES

LEMON PIE.—One and one-half small cups of granulated sugar, four eggs (yolks), two and one-half tablespoonfuls of cornstarch, juice of two lemons, four cups of boiling water, mix all together and cook in a double boiler till thick. Beat the whites to a stiff froth with six or seven teaspoonfuls of sugar. Mrs. Wallace.

MOCK CHERRY PIE.—One cup of cranberries, one cup of raisins, chopped fine, one cup of boiling water, one and one-half cups of sugar, one tablespoonful of flour, one teaspoonful of vanilla. Mrs. Brazil.

CHOCOLATE PIE.—Line a deep piepan with rich pie-crust, and bake in a quick oven. After your crusts are baked, grate one-half teacupful of chocolate and put into a pan with one cup of hot water, butter the size of an egg, one tablespoonful of vanilla, one cup of sugar, the beaten yolks of two eggs, and two tablespoonfuls of cornstarch, dissolved in a little water; mix well and cook on top of the stove until thick, stirring constantly. Pour into the pie-shell and let cool. Beat the whites of two eggs to a stiff froth, add two tablespoonfuls of powdered sugar, spread on top of the pie and brown in the oven. Mrs. Dunlop.

COCOANUT PIE.—Two cups of milk, one-half cup of cocoanut, one small cup of sugar, one tablespoonful cornstarch, two eggs. Soak cocoanut in milk five minutes. Keep out whites of the two eggs, beat with two tablespoonfuls of sugar for frosting pie. Mrs. Riley.

LEMON PIE.—The grated rind and juice of one lemon, yolks of two eggs, two tablespoonfuls of flour, one cup of sugar. Beat all well together and add one and one-half cups of boiling water. Cook ten minutes, and pour into shells, previously baked; beat whites and cover top. Mrs. Smith.

CREAM PIE.—One and one-half cups of sweet milk, one-half cup of sugar, two tablespoonfuls of flour, one egg, any flavoring desired. Put milk on, let come to boil, mix flour and sugar, moisten with a little cold milk, add yolk of egg and beat well, then stir into milk and let cook ten minutes. Then pour into shells, previously baked. Make frosting of the white of the egg and two tablespoonfuls of sugar, spread and set in oven to brown. Mrs. Smith.

SHEPHERD'S PIE.—One cup of finely chopped meat, one cup of fine bread crumbs, one teaspoonful of chopped onion or celery or parsley, one tablespoonful of melted butter. Line a dish with cold mashed potatoes, put a filling of this mixture in, and cover with mashed potatoes. Bake slowly. Mrs. A. H. Spurr.

LEMON PIE.—Take two lemons, remove the skins and grate inner parts, two cups cold water, two tablespoonfuls of cornstarch, yolks of two eggs, one tablespoonful of butter and one cup sugar. Add sugar and butter to grated lemons, mix cornstarch with eggs, then add all ingredients to the water, and cook till thick. Take the whites and whip light for the top.

CREAM PIE.—Put one pint milk in a double boiler, moisten a large tablespoonful of cornstarch with a little cold milk, then add to the boiling milk, stir constantly until it thickens, then add one-half cup of sugar, lump of butter size of a walnut, take whites of four eggs and beat light and add just before taking from the stove, flavor with vanilla. Line three pie plates with a nice crust, and bake in a quick oven. When done, fill with this custard and bake until a nice brown.

CHOCOLATE PIE.—Put some grated chocolate into a basin, and place this into another cooking dish of hot water, let it melt (do not add any water to this), beat one egg light, add a little sugar to this; when melted, add to egg, spread this on the top of a custard pie. Very nice.

APPLE CUSTARD PIE.—Peel sour apples and stew until soft, then rub through a colander; beat one egg for

each pie to be baked, and add tablespoonful of butter, one and one-half cups of white sugar, one pint milk. Season with nutmeg.

COCOANUT CUSTARD PIE.—Beat two eggs and one-half cup of sugar together, add one pint milk, a little grated nutmeg, one cup of grated cocoanut. Line two pie dishes with puff paste, put in custard. Bake in moderate oven.

Mrs. Willards.

MINCE PIES.—One beef tongue, weighing five pounds, boiled and chopped; four pounds of round of beef, boiled and chopped fine; two pounds of beef suet, chopped fine; two and one-half pounds of stoned raisins, two pounds of dried currants, one pound of citron, cut fine, one pound of brown sugar, one pint of molasses, one pint of the liquid in which meat was boiled, one-half cup of salt, three spoonfuls of cinnamon, three spoonfuls of allspice, two nutmegs, one teaspoonful of mace, one and one-half bowls of apple, chopped fine, to one bowl of mince. C. F. MacLeod.

LEMON PIE.—One lemon, juice and rind grated, one cup of sugar, yolks of two eggs, one cup of water, one heaped tablespoonful of cornstarch. Put all in a small tin pail and stand the pail in a pot of boiling water until thick, then put in crust.

LEMON PIE.—Take three eggs, leaving out the whites of two for frosting, one cup of sugar, a piece of butter the size of a walnut, two tablespoonfuls of cornstarch and the juice of one lemon; add to this one cup of boiling water. Pour on crust, and bake for twenty-five minutes. Make a meringue of whites of two eggs, a little sugar, spread over top and return to the oven until frosting becomes fine. Mrs. Crabbe.

SQUASH PIE.—One small cup of dry maple sugar, dissolved in a little water, two cups of strained squash, stirred in the sugar, add four eggs and two teaspoonfuls of allspice, two cups of milk, one teaspoonful of butter, and two of ginger. This will make two pies.

CARROT PIE.—Made the same as the pumpkin pie, only carrots instead of pumpkin. Mrs. Wynch.

PUMPKIN PIE.—One quart of strained pumpkin, two quarts of rich milk, one teaspoonful of salt and two of ginger, cooked with the pumpkin, six well-beaten eggs, and one and one-half teacups of sugar. Mrs. Burgess.

PUMPKIN PIE.

Take a sharp knife, the best of its kind,
And pare off the pumpkin's golden rind;
Then cut into cube-shaped blocks of bluff,
And slowly simmer till soft enough.
Run through a sieve, the best to be bought,
Till you have of the sifted pumpkin a quart.
Oh, the cropple-crown hen will mourn to-day
For her robbed nest in the scented hay,
For, ere your pumpkin pie you can make,
Out of her nest you must nine eggs take.
Beat yolks and whites in a separate dish,
Till both are foamy and light as you wish;
White sugar, one cup and a half you take,
And two quarts of milk your pies to make.
Then of nutmeg, cinnamon and ginger, each one
You take a teaspoonful ere you are done.
Next, spice, sugar, eggs, pumpkin and milk,
You must beat together till smooth as silk.
Now a dozen of raisins, more or less,
To each pie will add flavor, you must confess.
The whole must be baked in a shell-like crust,
And just as it hardens, with sugar dust.
If you follow this rule, when its done you'll cry,
"This is a genuine Pumpkin Pie."

Mrs. Winch.

RAISIN PIE.—One cup of seeded raisins, one-half cup of sugar, one-half teaspoonful of cinnamon, one teaspoonful of cornstarch, wet with a little cold water. Cook raisins covered with water. When done, add sugar and cinnamon. Bake in a double crust. Mrs. G. A. Findlay.

DATE PIE.—Boil down dates until they are smooth. For each pie allow one cup of dates, two eggs, sugar, ginger or any other spice to taste. Mrs. McLaren.

CREAMS, ICES, JELLIES, ETC.

ICE PUDDING.—The juices of one lemon and one orange, mix with one-half teacup of sherry, one and one-half pints of stale sponge cake; then take half a pint of milk and half a pint of cream; let it boil with half a cup of sugar, and to it add half a box of gelatine, which has been previously soaked for two hours. Add to all box of candied fruits, chopped up, and a quart of well-whipped fresh cream. Pack in ice for three hours.

Mrs. Eckford.

VELVET CREAM.—Three teaspoonfuls of Knox gelatine, dissolved in a little cold water, one-half cup of white sugar, one pint of sweet cream, one teaspoonful of bitter almond. Heat cream to boiling point, stir in gelatine and sugar; as soon as they are dissolved take from the fire, beat ten minutes until very light, and flavor by degrees. Put in wet moulds.

Mrs. Waugh.

TAPIOCA CREAM.—One cup of tapioca, dissolved very soft, yolks of four eggs, beaten and sweetened to taste. Boil one quart of milk, stir in the tapioca, and flavor; beat the whites very light and mix together. Let boil ten minutes; pour into molds and chill.

Mrs. Crabbe.

PINEAPPLE CREAM.—One quart of milk, one box of gelatine. Soak the gelatine in part of the milk for one hour, scald the rest of the milk; add eight tablespoonfuls of sugar, the gelatine, and the yolks of three eggs, beaten light. Take off the stove and pour over the whites of the eggs, beaten to a stiff frost, with one-half cup of sugar. Use a can of pineapple, and serve with whipped cream.

M. N. Stewart.

SPANISH CREAM.—Dissolve one-half cup of gelatine in three-quarters of a quart of milk for one hour. Put on stove and when boiling hot stir in the yolks of three eggs, well beaten, one-half cup of sugar. Remove from fire, and stir in the whites of eggs, which have previously been beaten to a froth. Flavor with vanilla and put in mold to cool.

Mrs. J. R. Anderson.

BURNT CREAM SAUCE.—Two cups of hot milk, three-quarters of a cup of brown sugar, browned in oven. Put in milk and let dissolve. Add a little flavoring and a tiny piece of butter, one-quarter cup of cornstarch dissolved in cold milk. Cook until thick. Put in mold, and serve with whipped cream.

Mrs. J. R. Anderson.

MAPLE MOUSE.—One cup of maple syrup, in which dissolve one-half packet of gelatine; let come to boiling point, take off stove, and when gelatine is dissolved and still at boiling point, stir in the yolks of four eggs, well beaten, then whip a pint of cream and stir all together. Put in mold. This is better made in winter. Do not use quite half a packet of gelatine. I put mine in covered mold and pack in snow and salt, or ice and salt, like ice cream. It's delicious.

Mrs. J. R. Anderson.

APRICOT CREAM.—Put a pint of good milk or cream on the fire, with some sugar and not quite half an ounce of gelatine. Strain it, and when nearly cold, put in four or five savoy biscuits, broken in small pieces. Stir frequently until it begins to set, then pour it into a mold with pieces of preserved apricots. Turn out and garnish with apricots.

Miss Turner.

VELVET CREAM.—One ounce of gelatine, two ounces of sugar, the rind of half a lemon, one gill of cold water and a pint of cream. Put the gelatine in the water to soak with the lemon peel. Whisk the cream well and strain the gelatine into it, and continue the whisking for ten minutes. Sweeten it and pour into molds which have been dipped into water.

Miss Turner.

COFFEE JELLY.—One package of gelatine dissolved in one pint of cold water. Let stand for two hours. Pour one pint of boiling water over one-half cup of coffee and let steep. Strain through a flannel when infused. To the soaked gelatine add one and one-half pints of boiling water and one pint of granulated sugar. Add the coffee and strain into a mold.

Mrs. Dunlop.

ORANGE CHARLOTTE.—One-third box of gelatine, one cup of sugar, one-third cup of cold water, one cup of orange juice and pulp, one-third cup of boiling water, grated rind of oranges, whites of three eggs. Line a mold with sections of oranges. Soak gelatine, until swollen, in cold water, then add boiling and all other ingredients, except the whites of eggs. Beat well, and when the mixture is stiff enough to hold its own, add whites of eggs beaten stiff, and pour into a mold.

Mrs. Allen.

APPLE CHARLOTTE.—Cover one-half box of gelatine with one-half cup of cold water, let it stand half an hour. Meantime whip well one pint of cream and place in an ice-cold bowl, over snow or ice if possible. Beat lightly into the cream two large tart grated apples and the grated rind and juice of one orange or lemon. Strain into this the warm gelatine, stir quickly until thoroughly mixed, then turn into a mold and set aside to harden. Some prefer a little sugar to sweeten. Serve with cream.

Mrs. G. K. Atkinson, Stettler, Alta.

LEMON JELLY.—One and three-quarter ounces of gelatine, one quart of water, rind and juice of four lemons, six cloves, a few pieces of stick cinnamon, one-half pound of brown sugar, two eggs, whites, yolks and shells. Put all ingredients into saucepan. Whisk gently till mixture begins to boil, then stop whisking and allow to boil up well. Put lid on pan, remove from fire, and allow to settle for five minutes. Strain through hot jelly or cheese cloth twice. Let cool in mold.

Mrs. Learmonth.

DATE JELLY.—Soak three-quarters of a pound of dates in three cups of water for two hours. Drain and strain the water in which the dates were soaked, and put

this on the range, adding a cup and a half of granulated sugar. Remove the stones, add the dates to the syrup, and cook until tender. Soak half a box of gelatine in a little cold water, and stir into the water in which the dates are being boiled. When thoroughly dissolved, pour the whole into a mold moistened with cold water, and set away to harden. It should be made the day before using.

M. N. Stewart.

LEMON WATER ICE.—Six lemons, two oranges, one pound of lump sugar, one pint of water. Rub rinds of two lemons and one orange with lumps of sugar. Put water and sugar on to boil. Boil ten minutes. Skim well and pour into basin. Add one-half pint of cold water. Strain in juice of lemons and oranges. Allow to get quite cold, then freeze.

CAFE PARFAIT.—One-half pint of cream, one-half cup of sugar, one-quarter cup of clear strong coffee. Mix together, chill and whip. Put mixture in mold, cover with paper to prevent water getting in; pack in salt and ice, and let stand three hours without stirring.

Mrs. Learmonth.

PRUNE WHIP.—Wash one pound of prunes and stew; mash through a colander. Whip with the whites of two eggs, beaten to a stiff froth, four tablespoonfuls of sugar, one-half teaspoonful of vanilla. Serve with whipped cream.

M. N. Stewart.

BAKED APPLES.—Take good sized apples, cut in half and take out core. Fill the centre with brown sugar and butter, well beaten. Bake in a moderate oven. Serve with whipped cream.

Mrs. Partridge.

APPLE FLOAT.—Eight large tart apples (steamed), whites of four eggs, beaten to a stiff froth, two tablespoonfuls of granulated sugar, a little vanilla. Beat all together till light. Sauce: One quart of sweet milk, a pinch of salt, put in a double boiler and let come to a boil; three tablespoonfuls of cornstarch, mixed in a little cold milk; then stir into hot milk yolks of four eggs, well

beaten, five tablespoonfuls of granulated sugar, till cooked. When cool, season with vanilla. Serve cold. Can be used as pudding.

Mrs. Wallace.

BAKED APPLE DUMPLING.—Peel and core apples; make a crust as for rich biscuit; divide in pieces to cover apples separately; make a syrup of one cup of sugar, four cups of water, nutmeg or cinnamon to suit taste; pour syrup over dumplings; bake one hour. C. F. MacLeod.

FRUIT DUMPLINGS.—Mix hot boiled rice with beaten egg; mold into balls; make hole in centre and fill with cherries, currants or berries, sweetened; steam half an hour. Serve cold with custard sauce.

STRAWBERRY LOAF.—Line a mold with strips of light sponge cake, then spread very carefully over the latter a cornstarch pudding flavored with strawberry juice; fill with firm fresh fruit, cover with the cornstarch pudding, and when thoroughly chilled, unmold and garnish with sweetened whipped cream and strawberries.

RASPBERRY CROWN.—Soften two tablespoonfuls of cornstarch with two tablespoonfuls of water; pour into a cup of boiling raspberry juice, add pinch of salt and lemon juice; cook until creamy; fold in four beaten egg whites; mold; ice. Serve with berries. Mrs. Sutherland.

FRUIT JELLY.—Cover one box of gelatine with half a pint of cold water and soak for half an hour. Chop and drain one quart can of peaches. Add to them the juice of four oranges, two sliced bananas and half a cup of sugar. Add to the gelatine one pint and a half of boiling water, stir for a moment, and pour it over the fruit. Turn into a mold and stand in a cool place over night. Serve with plain or whipped cream. Mrs. Riley.

MAPLE BLANC MANGE.—One pint of boiled milk, two eggs, one cup of maple syrup, one tablespoonful of corn starch, one-half cup of chopped walnuts, and half a pint of whipped cream on top. Mrs. Fred Patton.

ICE CREAM.—One quart of milk, three eggs, a little over one cup of granulated sugar, one and one-half teaspoonsfuls of flavoring. Take half the milk, with eggs and sugar, and cook a little, stirring all the time. Pour in the rest of the milk while hot, after taking off the stove. Boil in water. Let cool before freezing. Mrs. Wallace.

TRIFLE.—First make two layers of sponge cake from three eggs, well beaten, with one cup of icing sugar, one cup of flour, one teaspoonful of baking powder, a little vanilla extract. Add three tablespoonsfuls of boiling water. Mix well and put in tins to bake. When cool place one layer in bowl, spread with jelly and flavor with port. Make a custard with one pint of milk, two eggs, sugar and vanilla to taste. Add one teaspoonful of cornstarch and let come to a boil. Spread a portion of custard over sponge cake, add some chopped almonds, then place second layer of sponge cake and do the same. Mrs. Koch.



BREAD, BUNS, BISCUITS, ETC.

HOMEMADE YEAST THAT WILL KEEP ALL SUMMER.—Pare twelve large boiled potatoes, add one teacup of sugar and one-half cup of salt. Boil two handfuls of hops in one gallon of water five minutes. Strain and pour over other ingredients. Put mixture in a tin pail and set in pan of boiling water. Stir until it thickens. When cool put in three fresh yeast cakes, stir well, cover tightly, and set in a warm place to rise. When light, put into a stone or glass jar and keep in a cellar or cool place. Use one-half cup of this yeast for two loaves of bread. *Mrs. Pfughkaupt.*

YEAST.—Four large potatoes, boil, mash and pour the boiling water over; four large spoonfuls of flour, two large spoonfuls of sugar, three large spoonfuls of salt, one heaping teaspoonful of ginger. Put in the mashed potatoes. Put into a crock with eight pints of water. When cool enough add a well-soaked yeast cake, or one cup of hop yeast. Let rise 24 hours.

BREAD.—One pint to a large loaf. Knead into a stiff dough the first time, and when light knead down again, and next time it rises put into loaves.

Mrs. E. F. Thompson.

GRAHAM BREAD.—Take two quarts of sponge, mixed as for white bread, add one-half cup of molasses, one-half cup of sugar and one tablespoonful of lard or butter, and enough Graham flour to make it as stiff as can be stirred with a spoon. Let rise for three or four hours. Mold into loaves and let rise again, and bake in a more moderate oven than is required for white bread. *Mrs. D. S. Alley.*

DATE GEMS.—Separate two eggs, beat the yolks and add half a pint of milk, one small cup of finely chopped dates, a cup and a half of flour, a tablespoonful of melted

butter, and beat thoroughly; add a teaspoonful of baking powder and then stir in the well-beaten whites of the eggs. Bake in quick oven twenty minutes.

EGG ROLLS.—Sift two teaspoonfuls of baking powder into a pint of flour and rub a piece of butter as large as a butternut into the same. Add two well-beaten eggs and a pinch of salt to one cup of sweet milk and the prepared flour, and enough more to make a soft dough. Handle as little as possible, roll out thin, cut with large round cutter, butter the tops lightly, fold one half over the other, and bake in a hot oven.

Mrs. Dunlop.

JOHNNIE CAKE.—Four tablespoonfuls of flour, six tablespoonfuls of cornmeal, one-half cup of brown sugar, one dessertspoonful of butter, four teaspoonfuls of baking powder, two eggs, a little salt, and sweet milk enough to make a nice batter.

SWISS BUNS.—Cream together one egg, two teaspoonfuls of sugar and one of butter, sift two teaspoonfuls of cream of tartar with two cups of flour, and stir one teaspoonful of soda, light measure, in one cup of sweet milk until thoroughly dissolved; mix in enough extra flour, if needed, to mold into biscuit or buns.

HOT BISCUIT.—One pint of sifted flour, two teaspoonfuls of baking powder, one teaspoonful of salt, one tablespoonful of lard, one cup sweet milk or water, or sufficient to make a nice biscuit dough. Mix all dry ingredients thoroughly, then the lard, then beat in milk, and bake in a hot oven.

Mrs. W. Burgess.

GEMS.—One cup of sugar, one tablespoonful of butter, two eggs, one teaspoonful of baking powder, two-thirds of a cup of sweet milk, flour enough to stiffen moderately, one teaspoonful of vanilla or lemon.

MUFFINS.—One-third cup of butter, one-quarter cup of sugar, one-quarter teaspoonful of salt, three teaspoonfuls of baking powder, one egg, three-quarters of a cup of milk, two cups of sifted flour.

Mrs. Williams.

JOHNNIE CAKE.—One egg, beaten, one-half cup of milk, one-half cup of flour, one cup of cornmeal, one teaspoonful of baking powder, one-quarter cup of white sugar. Bake about twenty minutes in a moderate oven.

Mrs. Waugh.

MUFFINS.—One egg, one teaspoonful of salt, one tablespoonful of sugar, butter the size of a walnut, all beaten very light; one cup of milk, two and one-half cups of flour, two and one-half teaspoonfuls of baking powder. Drop from spoon into greased gem pans, and bake in a quick oven twenty minutes.

M. M. Stewart.

CORN CAKE.—One egg, butter the size of an egg, one-half cup of sugar, one teaspoonful of salt, one cup of cornmeal and one of flour, two teaspoonfuls of baking powder, enough milk to mix pretty soft. Bake half an hour in slow oven.

Mrs. Wm. Rolla.

SUPERIOR MUFFINS.—One quart of flour (four cups), two teaspoonfuls of baking powder, add three tablespoonfuls of sugar, a piece of butter half the size of an egg, one beaten egg, one teacupful of sweet milk. Beat quickly to a batter and bake in a quick oven, having tins warmed in advance.

Mrs. Bond.

SALLY LUNN MUFFINS.—One egg, one teaspoonful of salt, one tablespoonful of lard or butter, two and one-half cups of milk, one tablespoonful of sugar, four cups of flour and three teaspoonfuls of baking powder. Bake in a hot oven.

Mrs. Bond.

BANANA FRITTERS.—One egg, a little salt, two tablespoonfuls of sugar, one tablespoonful of butter, one cup of milk, one-half teaspoonful of soda, one-half teaspoonful of cream of tartar, flour to make a batter. Beat up quickly and fill with bananas. Fry in very hot lard.

Mrs. Eckford.

LEMON BISCUIT.—Two eggs, one cup of butter, two cups of sweet milk, two ounces of baking ammonia, one teaspoonful of oil of lemon, two cups of white sugar, mix

all together and roll a little thicker than pie crust. Dissolve the ammonia in the milk on the back of the stove. Cream the butter and sugar together. Mrs. Wallace.

SHORT BISCUITS.—Seven cups of flour, one and one-half cups of lard, five level teaspoonfuls of baking powder, two level teaspoonfuls of cream of tartar, one level teaspoonful of soda; mix thoroughly in flour; sweet milk to mix stiff, roll one-half inch thick. Bake in hot oven.

Mrs. Connell.

CREAM OF TARTAR BISCUIT.—To one quart of flour add two heaping teaspoonfuls of cream of tartar and one of soda, one-half teaspoonful of salt, one-half cup of butter; mix with milk. Bake in a quick oven. Mrs. Crabbe.

CREAM OF WHEAT GEMS.—One cup of cream of wheat, one cup of flour, one teaspoonful of salt, two eggs, one tablespoonful of sugar, one scant cup of milk, one-half cup of bacon fat and butter. (I find the bacon fat is better than lard for the gems.) Mrs. W. H. Todd.

TEA BISCUIT.—Two cups of flour, one tablespoonful of butter, one teaspoonful of Patton's baking powder, a pinch of salt, enough sweet milk to make a soft dough. Bake in a quick oven. Mrs. Patton.

APPLE FRITTERS.—Make a batter with one cup of sweet milk, one teaspoonful of sugar, two eggs, whites and yolks beaten separately, two cups of flour, one teaspoonful of baking powder mixed with flour. Chop some tart apples, mix in batter and fry in hot lard. Serve with maple syrup. Mrs. Riley.

TEA CAKES.—One cup of sugar, three-quarters of a cup of butter, one cup of cream, one egg, one teaspoonful of soda, a little salt, flour to roll. Mrs. G. A. Findlay.

BREAD.—Two tablespoonfuls of sugar, three tablespoonfuls of flour, one tablespoonful of salt. Mix together in small crock. Pour on boiling potato water to thicken like starch. When cool add one-half yeast cake, letting this

rise from one o'clock till evening, then adding two small dippersful of lukewarm water (about two quarts), two small handfuls of salt and flour to make a stiff batter. Let this rise in a warm place till morning, then mix stiff with flour.

Mrs. Connell.

THREE-HOUR BREAD.—Put on potatoes to boil, so that when boiled there will be two quarts; mash well, and to them add four quarts of water, one-half cup of salt, one cup of sugar and two yeast cakes. Put all in pail and let ferment over night.

Mrs. Burgess.

FRUIT LOAF AND ROLLS.—One quart of sweet milk, one cup of sugar, two tablespoonfuls of salt, one-half cup of butter. Warm the milk, put the butter in the milk and melt, adding sugar and salt. When almost cool add one-half yeast cake. Mix into soft dough and let stand over night. In morning take out part of dough for fruit loaf and add one cup of stoned raisins, one cup of currants, three tablespoonfuls of butter and a little nutmeg and citron peel. Let rise, then put in buttered pan. Let rise again, then bake. For rolls, take remainder of dough, add one-half cup of butter and one cup of sugar. Mix well. Let rise, then roll one-quarter inch thick. Dip in melted butter and make in small roll. Put in buttered pan, let rise and bake.

Mrs. Connell.

PANCAKES.—One cup of sour milk, one-half teaspoonful of soda, one well-beaten egg, enough flour to make a soft batter. Fry on a hot buttered pan.

Mrs. Learmonth.

BOSTON BROWN BREAD.—One egg, one tablespoonful of butter, one-half cup of brown sugar, one-half cup of molasses, one-half teaspoonful of soda, one cup of sour milk, one cup of sweet milk, one cup each of cornmeal, Graham flour and white flour. Steam two hours and bake one-half hour.

Mrs. Ramage.

DOUGHNUTS.—One cup of sugar, two eggs, two tablespoonfuls of melted butter, two-thirds of a cup of milk, two level teaspoonfuls of cream of tartar, one level teaspoonful of soda; season with nutmeg and a little salt; flour to roll. Fry in hot lard. Mrs. Learmonth.

FRIED CAKES.—One quart and one teacup of flour, three heaping teaspoonfuls of baking powder, one small teaspoonful of salt, four tablespoonfuls of melted butter, one cup and one tablespoonful of milk, eight tablespoonfuls of sugar, two eggs and a little nutmeg. Put melted butter in lukewarm milk. Beat eggs well and add sugar. Mix all together. Put on baking board and pat gently with palm of hand until about an inch thick. Cut in shapes and fry in hot lard. Miss Macdonnell.



SMALL CAKES

GINGER SNAPS.—One cup of shortening, heated in a warm bowl, one cup of molasses, one cup of brown sugar, three pints of flour, one-half teaspoonful of cinnamon, one-half teaspoonful of cloves, one-half teaspoonful of ginger, all ground spices, one teaspoonful of soda dissolved in warm water. Mix all well, roll out thin and cut with a biscuit cutter; bake in a moderate oven.

Mrs. Pflughaupt and Mrs. Koch.

GINGER SNAPS.—Scald one cup of molasses and stir in one tablespoonful of soda; pour it, while foaming, over one cup of sugar, one egg, one tablespoonful of ginger, beaten together; then add one tablespoonful of vinegar. Flour enough to roll, stirred in as lightly as possible.

Mrs. Wallace,

MOCCA CAKES.—Put in small molds a light sponge batter. When cooked, take out and roll in chopped hazelnuts. Let all cool. Make some coffee icing, and force small fancy shapes through forcing bag for decoration on top.

Mrs. Eckford.

COOKIES.—Three eggs, beat whites and yolks separately (or use two eggs and four tablespoonfuls of milk), one and one-half cups of white sugar, one heaping cup of butter, two teaspoonfuls of baking powder, one quart of flour, a little salt, any flavor you wish. Roll very thin. Quick oven. This makes seven or eight dozen.

Mrs. Waugh.

GINGER SNAPS.—One large cup of butter and lard mixed, one coffee cup of sugar, one cup of molasses, one-half cup of water, one tablespoonful of ginger, one tablespoonful of cinnamon, one tablespoonful of cloves, one teaspoonful of soda dissolved in hot water, flour for stiff dough. Roll thin and bake quickly. Mrs. Winch.

DATE COOKIES.—One cup of dates chopped coarsely, one cup of rolled oats, one cup of flour, one tablespoonful of shortening, one egg, one-half cup of sugar, one-half cup of milk, one-half teaspoonful of soda, one teaspoonful of cream of tartar. Cut in rounds or squares and bake in a slow oven. Mrs. Dunlop.

OATMEAL COOKIES.—One cup of brown sugar, one cup of shortening (butter, lard or drippings), two cups of oatmeal (mix all well), two cups of flour, one-half cup of warm water, one teaspoonful of salt, one-half teaspoonful of soda (dissolve soda and salt in the warm water). Mrs. Pfleghaupt and Mrs. Koch.

CREAM PUFFS.—Boil one-half cup of butter with one cup of hot water, and while boiling sift in one cup of flour, into which put one teaspoonful of baking powder. Let cool and add three well-beaten eggs. Put in rings and bake half an hour in a hot oven. Fill with whipped cream or custard. This makes fifteen. Mrs. Allen.

CHOCOLATE ECLAIRS.—Put one cup of milk on the stove, to which add two well-rounded tablespoonfuls of butter and one of sugar. When it boils add one cup of sifted flour. Cook two minutes, then put it away to cool. When cold, beat in four eggs, one at a time. Then beat vigorously for fifteen minutes. Butter paper, then place on the back of a baking tin, take the batter and place it on the tin in shapes about three inches long. Bake in a moderate oven about half an hour. When hot cut open, then leave it to cool. When cold fill in the centre with whipped cream. Then cover the eclairs with chocolate icing. E. M. Hogge.

TEA COOKIES.—One cup of sugar, one cup of shortening, two eggs, one-half cup of sweet milk, two teaspoonfuls of baking powder, flour enough for stiff dough. Roll thin and bake in a quick oven.

Mrs. Winch.

OATMEAL COOKIES.—One cup of white sugar, one dessertspoonful of butter, two eggs, two cups of oatmeal (rolled oats are best), two teaspoonfuls of baking powder, one teaspoonful of vanilla or ratifier. Drop very little on shallow greased tin far apart, as they spread. Oven must be quick (not too hot or too slow), as they bake in a few minutes. I add one-half cup of flour and take a little less oatmeal. You can make them as stiff as you like.

Mrs. Waugh.

SOFT GINGER CAKES.—One-half cupful of sugar, one cup of molasses, one-half cupful of butter, one teaspoonful each of ginger, cinnamon and cloves, two teaspoonfuls of soda dissolved in one cup of boiling water, two and one-half cups of flour; add two well-beaten eggs the last thing before baking. Bake in small cake tins or gem pans.

Mrs. Smith.

CREAM PUFFS.—One cup of water, one-half cup of butter, boil together, add while hot a cup of flour, a pinch of salt; beat vigorously until it rolls from the side of the dish; then add four eggs, one at a time, beating for two minutes after adding each egg. Drop in small buttered tins, or by the spoonful in a baking sheet. Bake in a moderate oven for thirty minutes. When cool, split on the side and fill with whipped cream.

Mrs. Koch and Mrs. Pflughkraut.

SCOTCH SHORTBREAD.—One cup of butter, one cup of lard, two cups of brown sugar. Mix in enough flour to hold it together. Spread in a bread pan and pat it out with the hands. Bake in a moderate oven; cut in squares while hot.

Mrs. Sutherland.

SHORTBREAD.—One-quarter pound of fresh butter, two tablespoonfuls of rice flour, one-half cup of sugar, one cup of flour. First knead the rice flour and sugar into the butter with the hands, then gradually knead in the flour. Roll into any shape you wish. Cook in a moderate oven until a light brown.

E. M. Hogge.

SUGAR COOKIES.—One and one-half cups of sugar, one of butter, two eggs, half a cup of sour cream, one teaspoonful of soda. Mix just so that you can roll out, then sprinkle with sugar just before putting in oven. Bake quick.

Mrs. W. Burgess.

COOKIES.—One and a half cups of butter, two cups of sugar, one-half cup of sour milk, one teaspoonful of soda, flour enough to roll out thin. Cut with a sharp tin cake cutter. Bake in a quick oven.

Mrs. W. Burgess.

GINGER SNAPS.—One-half cup of butter, three-quarters of a cup of brown sugar, one cup black molasses, add one dessertspoonful of ginger, one-half teaspoonful each of mace and allspice, one-quarter teaspoonful of pepper, one teaspoonful of soda, flour enough to make a stiff dough.

Mrs. W. Burgess.

OATMEAL COOKIES.—Two cups of flour, two cups of oatmeal, one cup of sour milk, one cup of shortening, one cup of sugar, two teaspoonfuls of soda. Filling for cookies: Take about three cups of dates, cook till soft, and spread between layers and bake.

Mrs. W. H. Todd.

SCOTCH OATMEAL CAKES.—One full cup of oatmeal, one teaspoonful of flour, a pinch of soda, a pinch of salt, one tablespoonful of lard. Mix all together, take boiling water to make a batter, then roll out in thin wafers.

Mrs. Anderson, Sr.

COCOANUT DROPS.—One pound of cocoanut, one pound of powdered sugar, small quarter of a pound of flour, whites of six eggs. Bake in a quick oven.

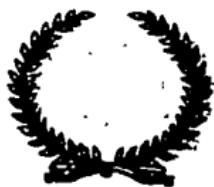
Edna Wallace.

GINGER COOKIES.—Two eggs, one cup of sugar, one cup of molasses, one spoonful of essence of lemon, two teaspoonfuls of ginger, two teaspoonfuls of soda, two teaspoonfuls of cream of tartar. Mrs. G. A. Findlay.

CALLA LILIES.—One-half cup of sugar, one teaspoonful of butter, one-half cup of sweet milk, one egg, one and one-half cups of flour, one and one-half teaspoonfuls of baking powder. Spread as thin as possible on pie tins. When cooked, cut in quarters and turn over to shape like a lily. Fasten together with toothpicks until cold, then fill with whipped cream. Mrs. McLaren.

BUTTER TARTS.—One beaten egg, one cup of brown sugar, one-half cup of butter, one cup of chopped raisins, one-half cup of currants. Beat all together well before adding fruit. Make tart paste, same as pie crust.

Mrs. A. W. H. Thompson.



CAKES

DATE CAKE.—Take two and one-half cups of oatmeal, one-half cup of flour, one-half cup of sugar, one tablespoonful of lard, a pinch of salt, and one-quarter spoonful of baking soda; wet with sour milk and mix into a dough. Filling for the above: Boil one-quarter pound of dates till soft; roll half the dough and spread on bottom of a pan; then spread dates over same; roll the remaining dough and place on top of dates. Bake in a moderate oven.

Mrs. Partridge.

IMPERIAL CAKE.—One pound of butter, one pound of sugar, stirred to a cream, beaten yolks of ten eggs, grated rind and juice of one lemon, one pound of flour; whites of the eggs beaten stiff. Have prepared one pound of almonds, blanched and split, or pounded, one-half pound of citron cut in thin slices. Dredge these well with two tablespoonfuls of flour, one tablespoonful of extract of nectarine in one tablespoonful of water; and two tablespoonfuls of rose water.

Mrs. G. K. Atkinson, Stettler.

WALNUT CAKE.—One cup of sugar, one-half cup of butter, one-half cup of sweet milk, two eggs, two cups of flour, two teaspoonfuls of baking powder, one cup of walnut meats; chopped; one-half cup of raisins.

Mrs. Dunlop.

WHITE CAKE.—Whites of four eggs, one and one-half cups of sugar, one-half cup of butter, one-half cup of sweet milk, three cups of flour, two teaspoonfuls of baking powder, flavor to taste.

Mrs. William Rolls.

NUT CAKE.—Two cups of sugar, one cup of butter, three cups of flour, one cup of milk, four eggs, one and one-half cups of chopped hickory nuts, two teaspoonfuls of baking powder. Bake in slow oven.

Mrs. Pflughkaupt and Mrs. Koch.

JELLY CAKE, TO ROLL.—Three eggs, beaten well with one cup of sugar; when light, add one cup of flour, one teaspoonful of cream of tartar, one-half teaspoonful of soda dissolved in water. Baking powder may be used instead of soda and cream of tartar.

CURRENT CAKE.—One-half cup of butter, one cup of sugar, one-half cup of milk, one and one-half cups of flour, two eggs, two teaspoons of baking powder, one cup of currants, dredged with flour. Ida Stewart.

VARIETY CAKE.—One and one-half cups of sugar, two cups of flour, three eggs, one-half cup of melted butter, one-half cup of sweet milk, two heaping teaspoons of baking powder. For the dark part take one-third, add a little ground cloves, one nutmeg and cinnamon, one tablespoonful of baking syrup, one-half cup of raisins, two-thirds of a cup of currants.

COCOANUT CAKE.—One-half cup of butter, one cup of white sugar, one-half cup of sweet milk, one-half cup of flour, three eggs, one-half cup of cornstarch, two teaspoons of baking powder; butter and sugar to be beaten together; divide the eggs, beat them separately, then add all together. Icing for the above cake, to be spread between the layers: Four tablespoonfuls of cocoanut, four tablespoonfuls of sugar, a little water, one teaspoonful of cornstarch, and whites of two eggs. Boil before adding the whites of eggs, then use as jelly. Mrs. Willard.

GINGER BREAD.—One cup of brown sugar, three tablespoonfuls of melted butter, one egg, one cup of sour milk, one and one-half teaspoons of soda dissolved, one dessertspoonful of ginger, two cups of flour. Bake in one layer, in medium oven.

MARBLE CAKE.—White part: One cup of white sugar, one-half cup of butter, one-half cup of sweet milk, whites of three eggs, one teaspoonful of cream of tartar, one-half teaspoonful of soda, two cups of flour. Dark part: One-half cup of brown sugar, one-quarter cup of butter, one-half cup of molasses, one-quarter cup of milk, one tea-

spoonful of cinnamon, one-half teaspoonful of allspice, one-half teaspoonful of soda, one teaspoonful of cream of tartar, yolks of three eggs, two cups of flour. Butter molds and put in the dark and light batter in alternate tablespoonfuls. Bake in slow oven.

Mrs. Winch.

RASPBERRY CAKE.—Two eggs, three-quarters of a cup of sugar, one-half cup of butter, two small cups of flour, one teaspoonful of soda, dissolved in a tablespoonful of hot milk, one cup of canned raspberries. This makes two layers. Oven should not be too hot.

Mrs. Partridge.

PUFF CAKE.—One cup of sugar, one cup of flour, three eggs, three teaspoonfuls of cold water, two teaspoonfuls of baking powder, two pinches of salt. Bake in gem pans in a moderate oven. When cool, split and add the following paste: One cup of milk, one teaspoonful of cornstarch, one egg, one pinch of salt. Cook like boiled custard.

FRUIT CAKE.—One pound of brown sugar, three-quarter pound of butter, six eggs, one cup of strong cold coffee, one pound of raisins, one pound of currants, three-quarter pound of citron, one and one-half teaspoonfuls of baking powder, one-quarter pound of almonds, one-quarter pound of walnuts, flour enough to make it good and stiff. You can steam it for two hours and then bake in a moderate oven for one hour, or bake in a moderate oven for three hours.

Mrs. Pfughkaupt and Mrs. Koch.

BEST FRUIT CAKE.—One pound of flour, one pound of butter, one pound of yellow sugar, ten eggs, two pounds of raisins, two pounds of currants, one pound of mixed peel, one-half pound of blanched almonds, one-quarter ounce each of ginger, cassia mace, one-half ounce of nutmeg, one-half wineglass of molasses, one teaspoonful of oil of lemon. This cake will keep a year. It is a baker's recipe for best bride's cake.

Mrs. Allen.

FRUIT CAKE.—One pound of sugar, one pound of flour, three-quarter pound of butter, two eggs, one and one-half pounds of raisins, one and one-half pounds of currants, one

pound of dates, one-half pound of almonds, one-quarter orange peel, one-quarter citron peel, one-quarter lemon peel, one teaspoonful of cinnamon, one teaspoonful of mace, one-half teaspoonful of cloves, one nutmeg. Mrs. Riley.

FRUIT CAKE.—One pound of butter, one pound of flour, three pounds of raisins, two pounds of currants, one pound of dates, one pound of figs, one-half pound of citron, one-half pound of lemon, one-half pound of almonds, one cup of strawberry jam, twelve eggs, mixed spice, salt. Steam three hours and bake two. Mrs. Crabbe.

FRUIT CAKE.—One pound of butter, one and one-half pounds of brown sugar, one pound of mixed peel, five eggs, one-half nutmeg, one cup of molasses, two pounds of currants, two pounds of raisins, one-half pound of shelled almonds, one teaspoonful of cinnamon, one teaspoonful of allspice, one-half teaspoonful of cloves, one tablespoonful of lemon essence, one-half teaspoonful of baking soda dissolved in a little warm water. Flour to make a very stiff batter; will have to be mixed with the hands. M. N. Stewart.

RAISIN CAKE.—Two cups of sugar, three eggs, one cup of molasses, one teaspoonful of cream of tartar, one pound of raisins, one cup of butter (or butter with lard, one cup of milk, one-half teaspoonful of soda, five cups of flour, spice to taste.

FRUIT CAKE.—One cup of sugar, one cup of sour milk, one-half cup of butter, one cup of raisins, one teaspoonful of soda, one-half teaspoonful of salt, one-half teaspoonful of spices, two cups of flour.

SNOWFLAKE CAKE.—One and one-half cups of white sugar, one-half cup of butter, two teaspoonfuls of baking powder, three cups of flour, whites of three eggs well beaten, one-half cup of water or milk, flavor with lemon. This can be baked in a loaf or in layers, with any filling desired. Mrs. Williams.

MOTHER'S TIP-TOP CAKE.—One and one-half cups of sugar, one-half cup of butter; one cup of sweet milk, the whites of three eggs beaten stiff, two and one-half cups of flour, two teaspoonsfuls of baking powder, flavor to suit.

GRAHAM CAKE.—One cup each of raisins, sugar and sour cream. Stew raisins till tender and add flour, one-half teaspoonful of soda, a pinch of salt, two eggs. Stir stiff with sifted Graham flour and bake.

WHITE POUND CAKE.—Two coffee cups of white sugar, three-quarter coffee cup of butter, one coffee cup of milk, three coffee cups of flour, whites of nine eggs, two teaspoonsfuls of baking powder, grated rind of one lemon. Stir the butter and sugar to a cream, add the milk and flour, and lastly the whites of the eggs whipped to a stiff froth, also add lemon.

Mrs. H. H. Dexter.

WHITE MOUNTAIN CAKE.—Three cups of granulated sugar, one cup of butter, five eggs, one cup of sweet milk, three cups of flour, two teaspoonsfuls of cream of tartar, one teaspoonful of soda, one pinch of salt. Beat butter, sugar and yolks of eggs to a cream; mix soda in the milk and cream of tartar in the flour; add the whites just before the flour. Bake in jelly cake tins, browning a little.

H. Brand.

WALNUT CAKE.—Three eggs, leaving out the white of one for frosting, two cups of sugar, three-fourths cup of butter, one and one-half cups of milk; dissolve in this one small teaspoon of soda; two teaspoonsfuls of cream of tartar in enough flour to thicken; one cup of walnuts, chopped fine; sprinkle lightly with flour, and add to the batter. Frost and mark in squares, putting half a walnut on each square.

Mrs. Crabbe.

SAND TART.—(German Recipe.)—One pound of melted butter, yolks of twelve eggs, one pound of loaf sugar, rind of one lemon, one-half pound of flour, one-half pound of cornstarch, one teaspoon of baking powder, flavoring, whites of eggs beaten stiff. Mix butter and sugar together, put in yolks of eggs, one by one, and stir five minutes after egg has been put in. Then mix flour, cornstarch and baking

powder together and put in one tablespoonful at a time, stirring constantly. Put in beaten whites of eggs last. Then stir for half an hour or longer. Bake in a very, very slow oven for one and one-half hours.

Mrs. Pflughkaupt.

ENGLISH WALNUT CAKE.—Three-quarter cup of butter, one scant cup of sugar, one large cup of milk, three cups of flour, two teaspoonsfuls of baking powder, one cup English walnuts, chopped fine. Sprinkle well with flour (about one-half cup). Cream butter and sugar (powdered sugar is best), add three well-beaten eggs, then flour and milk by degrees, last of all the nuts. Bake in a moderate oven about half-an-hour in a flat baking tin about 9x12 or 14 inches.

ICING FOR WALNUT CAKE.—Pour three tablespoonsfuls of boiling water over a scant half-pound of powdered sugar. Allow it to dissolve over a hot stove. Boil for a moment, then let cool. Beat the white of an egg, and add a spoonful at a time to the sugar, stirring rapidly. If the cake is nearly cool, dust a little flour over it and spread on the icing. It is better to turn the cake topside down, so as to have a smooth surface.

Mrs. Koch.

CORNSTARCH CAKE.—The whites of three eggs, one-half cup of cornstarch, one-half cup of butter, one-half cup of milk, one-half teaspoonful of cream of tartar, one-fourth teaspoonful of soda, one cup of sugar, one cup of flour, flavor with lemon.

Mrs. Wallace.

PORK FRUIT CAKE.—One pound of fat, salt pork, free from lean or rind, chopped as fine as possible. Pour over it one-half pint of boiling water and stir it well. Add one cup of molasses, two cups of sugar, one heaping teaspoonful of soda, a heaping mixing spoon each of nutmeg and cloves and two of cinnamon, one pound of seeded raisins, one of currants, one-quarter pound of citron, sufficient flour to make the proper thickness. Bake this cake in a slow oven about one hour. The cake will keep well for several months, if stored in a stone jar in a cool, dry cellar.

Mrs. Wallace.

PRINCE OF WALES CAKE.—Light part: One cup of flour, one cup of white sugar, one-half cup each of corn-starch, sweet milk and butter, two teaspoonfuls of baking powder, whites of three eggs. Dark part: One cup of brown sugar, one-half cup each of butter and sour milk, two cups of flour, one cup of chopped raisins, one teaspoonful of soda dissolved in hot water, one tablespoonful of syrup, yolks of three eggs, one teaspoonful each of nutmeg and cloves. Bake in four layers. Mrs. Wallace.

POOR MAN'S CAKE.—One cup of brown sugar, one tablespoonful of butter, one cup of chopped raisins, one cup of sour milk, one grated nutmeg, one teaspoonful of soda, two cups of flour.

NUT CAKES.—Two small cups of white sugar, one small cup each of butter and sweet milk, three eggs, one pound of walnuts, pounded fine, keeping some out to put on icing, two and one-half cups of flour, three teaspoonfuls of baking powder. Mrs. McLaren.

DOLLY VARDEN CAKE.—White of three eggs, one cup of sugar, one-half cup of butter, one-half cup of milk, two cups of flour, one and one-half teaspoonfuls of baking powder. Cream the butter and sugar, add the eggs, mix in flour with one-half cup of milk and flavor with lemon. Make frosting with yolks of eggs and one cup of sugar. Mrs. Bond.

SCOTCH CAKE.—One pound of flour, one-half pound of butter, one-quarter pound of light brown sugar, one egg. Mix all together with the hands, and roll out about half an inch thick. Bake in a moderate oven. Mrs. Brazil.

MOLASSES LAYER CAKE.—One egg, one-half cup of sugar, one-half cup of molasses, two-thirds cup of cold water, one teaspoonful soda, piece of butter size of an egg. Mix very soft and bake in three layers. Filling: One cup of sugar, three tablespoonfuls of hot water, one cup of raisins, stoned and chopped, white of one egg. Boil the sugar and water together until the mixture hardens, when

dropped in cold water; remove it from the stove and quickly stir in the white of one egg, beaten to a stiff froth, and the raisins, then spread between the layers. This will keep moist two weeks.

Mrs. Wallace.

MARBLE CAKE.—Light part: One and one-half cups of sugar, one-half cup of butter, one-half cup of water, two large cups of flour, whites of four eggs, one teaspoonful of baking powder, juice and rind of a lemon. Beat the butter to a cream, gradually add sugar, then add the water, then half of the flour, a pinch of salt. Add the whites, well beaten, then the rest of the flour, the juice and rind of the lemon, and stand aside while you make the dark part: One cup of brown sugar, one-quarter cup of butter, one-half cup of water, one and one-half cups of flour, one teaspoonful of baking powder, two ounces of melted chocolate, yolks of four eggs, one teaspoonful of vanilla. Beat the butter, sugar and yolks of eggs together until very light, then add the water and flour, and beat until smooth, then add the melted chocolate and vanilla. Mix well and add baking powder. Put in a layer of the light, then the dark, and so continue. Bake in a moderate oven, from three-quarters of an hour to one hour.

Mrs. E. F. Thomson.

WHITE CAKE.—Two cups of butter, two cups of sugar, two cups of flour, whites of ten eggs, yolks of four eggs. Beat butter and sugar to a cream, add the beaten yolks, then the flour, then the whites that have been beaten until stiff. Add a little baking powder. Bake in a moderate oven.

Mrs. Thomson.

RAISIN CAKE.—Two cups of sugar, one cup of butter, four eggs, four cups of flour, one teaspoonful of soda, two teaspoonfuls of cream of tartar, three cups of raisins, one cup of citron.

Mrs. Thomson.

CIRCLE CAKE.—One cup of sugar, one-third cup of butter, creamed, one egg, one-half cup of sweet milk, one-half teaspoonful of vanilla, one-half teaspoonful of soda, one teaspoonful of cream of tartar, two cups of flour. Bake in one layer.

Mrs. Winch.

CHOCOLATE CAKE.—Custard: One cup of grated chocolate, one-half cup of sweet milk, one cup of brown sugar and yolk of one egg. Cook slowly in a granite pan and cool. Cake part: One cup of brown sugar, one-half cup of butter, two cups of flour, one-half cup of sweet milk, two eggs. Cream butter, sugar and yolks of eggs together, add milk, flour, custard (which has been cooled), and the whites of eggs beaten stiff, and lastly a teaspoonful of soda dissolved in a little warm water.

Mrs. A. H. Spurr.

CREAM CAKE.—Three-quarter cup of sugar, three eggs, one cup of flour, one teaspoonful of cream of tartar, one-half teaspoonful of soda, one tablespoonful of hot water, a pinch of salt. Beat eggs until light, add sugar and salt, and stir until dissolved. Sift flour and cream of tartar together twice. Add to the above, beat until light, then add soda dissolved in hot water. Bake ten or fifteen minutes in jelly pans. When cold, split cake and add following filling: One pint milk, two eggs, two tablespoonfuls of corn-starch, one-half cup of sugar, a pinch of salt, small piece of butter, one-half teaspoonful of vanilla. Boil all together and let cool.

Mrs. A. W. H. Thompson.

CREAM CAKE ICING.—One cup of powdered sugar, butter the size of an egg, two tablespoonfuls of milk or cream. Beat until creamy, add one-half teaspoonful of vanilla and a very little lemon essence.

APPLE ICING.—White of one egg, one cup of sugar, one grated apple. Beat all together for twenty minutes.

Mrs. A. W. H. Thompson.

ANGEL CAKE.—Whites of eleven eggs, one and one-half cups of sugar, sifted five times, one cup of flour, one teaspoonful of cream of tartar, sifted together, one teaspoonful of vanilla.

Mrs. Wallace.

ANGEL CAKE.—Take the whites of ten eggs, one cup of flour, sifted five times; beat the whites of eggs until foamy, then add half a teaspoonful of cream of tartar, and

beat until dry. Gradually beat in one cup of granulated sugar and one teaspoonful of extract of vanilla. Then fold in the cup of flour and bake in a tube pan about fifty minutes, in a moderate oven.

Mrs. Crabbe.

DEVIL'S FOOD CAKE.—Two eggs, two cups of brown sugar, one-half cup of sour milk, one-half cup of butter, three cups of flour, two-thirds cup of chocolate, one-half cup of boiling water, one teaspoonful of soda. Filling: One-half cup of sweet cream, two cups of sugar, one-half cup of butter. Cook until it hairs.

Mrs. Smith.

POTATO CAKE.—Two-thirds cup of butter, two cups of sugar, one cup of mashed potatoes, one cup of chopped walnuts, one-half cup of sweet milk, two cups of flour, one-half cup of cocoa, two teaspoonfuls of baking powder, one teaspoonful each of cinnamon, cloves and nutmeg, four eggs, beaten separately.

Mrs. Smith.

VELVET CAKE.—One pound of white sugar, one pound of flour, one-half pound of butter, four eggs, one-half teaspoonful of soda, one teaspoonful of cream of tartar, flavor with lemon or oil of cinnamon. Mix the soda in one cup of water and the cream of tartar in the flour. Bake in a moderate oven.

FRUIT CAKE.—One pound of butter, one pound of sugar; beat until it looks like cream; one pound of eggs, well-beaten, one and one-half pounds of stoned currants, one and one-half pounds of stoned raisins, one-quarter pound each of lemon, citron and orange peels, shave very fine; one and one-half pounds of flour, into which one and one-half teaspoonfuls of baking powder have been mixed; two teaspoonfuls each of lemon and cinnamon, two grated nutmegs, three-quarters cup of milk, one-half cup of syrup. Mix all the ingredients thoroughly, and bake for three hours in a moderate oven.

MARBLE CAKE.—Light part: One cup of butter, two cups of white sugar, one-half cup of sweet milk, whites of six eggs, one teaspoonful of lemon extract, four cups of flour, two teaspoonfuls of baking powder. Dark part: One-half cup of butter, one cup of brown sugar, one-half cup of

sweet milk, one-half cup of New Orleans molasses, yolks of six eggs, one grated nutmeg, two teaspoonfuls of cinnamon, one-quarter teaspoonful of ground cloves, three cups of flour, two teaspoonfuls of baking powder. Put in a pan in alternate layers, using part of the white lastly for the top layer.

Mrs. Willard.

FRUIT CAKE.—Twelve eggs, one pound of butter, one pound of brown sugar, two pounds of currants, three pounds of raisins, one pound of citron, one-half pound of dates, one-half pound of figs, one-half pound of almonds, one tablespoonful of mace, one tablespoonful of cinnamon, one tablespoonful of cloves, one nutmeg, one cup of molasses, rind and juice of one lemon, one teaspoonful of soda, one pound of flour. Cream butter and sugar. Add well-beaten eggs, molasses, flour, spices, fruit. Bake four hours.

C. F. MacLeod.

WHITE POUND CAKE.—One pound of sugar, one pound of flour, one-half pound of butter, whites of sixteen eggs, one-half teaspoonful of soda, one teaspoonful of cream of tartar, almond flavoring. Cream butter and sugar, add whites of eggs beaten stiff, and flour sifted with soda and cream of tartar. Put in a cool oven with a gradual increase of heat.

C. F. MacLeod.

HERMIT CAKE.—Three eggs, one-half cup of butter, one-half cup brown sugar, two and one-half cups of flour, one-quarter pound of walnuts, one pound of chopped dates, a little cinnamon, two teaspoonfuls of lemon, two teaspoonfuls of vanilla, one teaspoonful of soda in as little water as possible.

H. Brand.

BON-TON WEDDING CAKE.—Beat to a cream six cups of butter and four of white sugar, add sixteen eggs, beaten; then roll six cups of currants, washed and dried, three cups of seeded raisins, two cups of minced citron, two cups of almonds, one-half cup of lemon peel, minced fine, one tablespoonful each of cinnamon, nutmeg, cloves, and allspice, in three pints of sifted flour, till they are well dredged with the flour; add then to the butter, sugar and eggs and mix very thoroughly. Put in large cake pan, well buttered and lined with paper, and bake eight hours.

RASPBERRY CAKE.—Two eggs, one-half cup of butter, one cup of raspberries, one cup of brown sugar, one and one-half cups of flour, one tablespoonful of sour milk, one and one-half teaspoonfuls of soda, one teaspoonful cinnamon, half a nutmeg and any other flavoring.

FRUIT CAKE.—Three cups of brown sugar, one and one-half cups of butter, six eggs, one-half cup of sweet milk, one-half teaspoonful of cloves, one teaspoonful of ginger and nutmeg, one heaped teaspoonful of soda dissolved in boiling water, one pound of currants, two pounds of raisins, one-half pound of citron, six cups of flour. Bake for two hours in a moderate oven.

JELLY CAKE.—Three eggs, one cup of sugar, one-half cup of butter, one teacup of milk, two cups of flour, and a few currants.

SILVER CAKE.—Two cups of fine white sugar, two and one-half cups of sifted flour, one-half cup of butter, one-quarter cup of sweet milk, one-teaspoonful of soda dissolved in the milk, one teaspoonful of cream of tartar and the whites of eight eggs. Flavor to taste.

GOLD CAKE.—Three-quarters of a cup of butter beaten to a cream, one cup of sugar, the yolks of eight eggs, two cups of sifted flour, one teaspoonful of cream of tartar, half a teaspoonful of soda dissolved in half a cup of sweet milk.

MOUNTAIN CAKE.—One cup of sugar, two eggs, one-half cup of butter, one-half cup of milk or water, two cups of flour, one teaspoonful of cream of tartar, one-half teaspoonful of soda, and a little nutmeg.

MARBLE CAKE.—White part: One cup of butter, two cups of white sugar, half a cup of sour cream or buttermilk, three and one-half cups of flour, whites of seven eggs, one teaspoonful of soda. Black part: Two cups of brown sugar, one cup of butter, one cup of molasses, five cups of flour, half a cup of sour cream or buttermilk, yolks of seven eggs, one grated nutmeg, two tablespoonfuls of cinnamon, cloves, and allspice, one teaspoonful of black pepper, and one teaspoonful of soda.

ROLL JELLY CAKE.—Three eggs, well beaten with one cup of sugar, two tablespoonfuls of sweet milk, two teaspoonfuls of baking powder, sifted with one cup of flour; flavor with lemon, and bake in a moderate oven.

Mrs. W. Burgess.

JELLY CAKE.—One cup of sugar, one-half cup of butter, two eggs, one-quarter cup of milk, two teaspoonfuls of baking powder, one and one-half cups of sifted flour; flavor to taste. Bake in two layers, spread with jelly and ice.

Mrs. Sutherland.

ANGEL CAKE.—Whites of nine large, fresh eggs, one and one-quarter cups of sifted granulated sugar, one cup of sifted flour, one-half teaspoonful of cream of tartar, a pinch of salt added to the eggs before beating. After sifting the flour four or five times, measure and set aside a cupful. Sift and measure one and one-quarter cups of the sugar. Beat whites of eggs about half, then add cream of tartar, and beat until very stiff; stir in sugar, then flour, very lightly; flavor. Bake in a moderate oven forty-five or fifty minutes.

Mrs. S. S. Titus.

GOLD LOAF CAKE.—Yolks of nine eggs, one cup of granulated sugar, scant half cup of butter, one-half cup of sweet milk, one and one-half cups of flour, two teaspoonfuls of baking powder. Flavor to taste, and bake in a moderate oven.

Mrs. Sutherland.

SPANISH BUN.—Two cups of brown sugar, three-quarters of a cup of butter, five eggs, leaving out the whites of two for frosting, one cup of sweet milk, two cups of flour, one dessertspoonful each of allspice, cinnamon, a little nutmeg and essence of lemon, one teaspoonful of soda, one teaspoonful of cream of tartar. Bake in bread tin and frost with a boiled icing.

DEVIL'S FOOD.—Part I: One cup of brown sugar, one cup of grated chocolate, one-half cup of sweet milk. Put on stove and boil. Cool and mix with second part. Part II: One cup of brown sugar, one-half cup of butter, one-half

cup of sweet milk, yolks of three eggs, two cups of flour, two teaspoonfuls of baking powder. Flavor with vanilla and bake in three layers.

WASHINGTON DEVIL'S CAKE.—Piece of butter the size of an egg, yolks of three eggs, one cup of brown sugar, four tablespoonfuls of chocolate, one-half cup of milk. Mix well, then mix in two teaspoonfuls of baking powder with one and one-half cups of flour and add the whites of three eggs. Bake in three layers. **Filling:** Beat one egg, one cup of milk, one cup of granulated sugar, one teaspoonful of vanilla, one tablespoonful cornstarch. Mix well and boil until it thickens. When cold, stir in one-quarter pound of chopped blanched almonds.

Mrs. Sutherland.

WISCONSIN SPICED CHOCOLATE CAKE.—Four eggs, (save out whites of two for frosting), two cups of sugar, two cups of flour, one cup of sour milk, one teaspoonful of soda, one-half cup of butter, one-quarter cake of Baker's chocolate (grated), one teaspoonful of cinnamon, a few cloves, a little allspice and nutmeg. Bake in loaf. **Icing:** One-half cup of sweet cream, two cups of brown sugar, butter the size of an egg, one-quarter cup of grated Baker's chocolate. Boil until thick, then spread on cake.

WYOMING MAHOGANY CAKE.—One and one-half cups of sugar, one-half cup of butter, three eggs, one-half cup of sweet milk, level teaspoonful of soda dissolved in milk, one-half cup of grated Baker's chocolate in one-half cup of milk. Boil and set off to cool, then stir into cake two cups of flour. Flavor with vanilla.

Mrs. Sutherland.

LEMON HONEY FILLING.—Two cups of sugar, two lemons, two eggs, one tablespoonful of water, one tablespoonful of butter. Boil until thick as honey.

Mrs. Allen.

CHRISTMAS FIG CAKE.—One cup of butter creamed, one and one-half cups of sugar, one cup of milk, three cups of flour, three level teaspoonfuls of baking powder sifted with flour (sift flour three times), whites of four eggs; bake

in two layers. Add to the remainder the yolks of two eggs, one-half cup each of raisins and currants, a sprinkle of sliced citron, one grated nutmeg, one-half teaspoonful each of cinnamon and cloves, two tablespoonfuls of molasses and one-quarter of a cup of flour. Bake in a tin the same size as other layers and put together with the following fig filling: Chop one pound of figs, add one-half cup of sugar and one cup of water, stew until soft and smooth. Spread between layers and ice the top with chocolate icing.

Mrs. W. H. Todd.

CHOCOLATE CAKE.—Scant half cup of butter, creamed, one cup of sugar, two eggs, whites and yolks beaten separately, one-half cup of sweet milk, two cups of flour, two teaspoonfuls of baking powder. Boil together one-eighth pound of grated chocolate, one-half cup of milk, yolk of one egg, one cup of sugar, one teaspoonful of vanilla. When cold, add to above mixture. Bake in three jelly tins or in flat pan, with an icing.

Mrs. Patton.

DARK CAKE.—The yolks of two eggs and white of one, one-half cup of molasses, one-half cup of milk, one cup of sugar, one teaspoonful of soda, one cup of flour, spice. Icing: One cup of sugar, six tablespoonfuls of water. Let come to a boil, then put in a cup of chopped raisins, then the white of one egg beaten stiff.

Mrs. G. A. Findlay.

ROCHESTER JELLY CAKE.—Two cups of sugar, two-thirds of a cup of butter, one cup milk, three eggs, three cups of flour, three teaspoonfuls of baking powder. After mixing, take out less than a third, and to it add one tablespoonful of molasses, spice and fruit to taste, and flour to make it of a right consistency. Cook in three layers, the dark layer between the light layers.

Mrs. G. A. Findlay.

DATE CAKE.—Three-quarters of a pound of dates, stoned and cooked to a paste; three-quarters of a cup of butter, two cups of oatmeal, one cup of flour, one cup of

sugar, one teaspoonful of soda in flour, pinch of salt, three tablespoonfuls of sour milk. Put one-half of cake in pan, then spread on dates, then other half of cake, and bake slowly.

Mrs. McLaren.

DOLLY VARDEN CAKE.—Two eggs, one cup of white sugar, one-tablespoonful-of-butter, one-cup-of-sweet-milk, two cups of flour, three teaspoonfuls of baking powder. Bake in three layers. For centre layer add three teaspoonfuls of mixed spice and one-half pound of currants.

Mrs. Connell.

CHOCOLATE ICING FOR CAKE.—One-half cup of grated chocolate, two-thirds of a cup of white sugar, one-half cup of sweet cream, one teaspoonful of butter; flavor with vanilla. Boil until it threads.

Mrs. Connell.

ORANGE CAKE.—Two eggs, one cup of sugar, half a cup of butter, one cup of milk, half a teaspoonful of soda and one of cream of tartar, one and one-half cups of flour. Frosting: Grate one orange, beat white of one egg, thicken with pulverized sugar, and add grated orange gradually.

Mrs. Crabbe.



SANDWICHES, EGG AND CHEESE DISHES

DEVILLED HAM SANDWICH.—One cup of cold boiled ham (chopped fine), yolks of two hard-boiled eggs, one teaspoonful of lemon juice, one-quarter teaspoonful of mustard, three tablespoonfuls of melted butter. Rub yolks of eggs with butter and mix with ham, lemon and mustard. Season to taste. Spread on thin slices of bread and fold or roll.

Mrs. Allen.

CELERY SANDWICHES.—Boil two eggs for fifteen minutes, place in cold water, remove shells and press fine with a fork. Add to this a cup of finely chopped celery and enough mayonnaise dressing to season it. Make into a paste and spread on buttered bread.

SARDINE SANDWICHES.—Sliced Graham bread is nice for these: Take three sardines, remove skin and bones. Put into a bowl with one teaspoonful of anchovy paste, the yolks of three hard-boiled eggs, two tablespoonfuls of olive oil, and the juice of half a lemon. With the back of a spoon rub the mixture to a paste and spread on bread.

CHICKEN SANDWICHES.—Chop chicken very fine, and mix with it enough highly season mayonnaise dressing to make a paste. Add a few chopped olives and spread between buttered slices of bread.

LETTUCE OR WATERCRESS SANDWICHES—Are made of mayonnaise dressing and lettuce or watercress leaves between thin slices of bread and butter.

GRAHAM BREAD SANDWICHES.—Butter thin slices of Graham bread and spread with a thin coating of cream cheese.

70 SANDWICHES, EGG AND CHEESE DISHES

WALNUT SANDWICHES.—One cup of English walnut meats finely chopped, mixed with enough cream cheese to make a paste. Add a little salt and spread on very thin bread.

Selected.

MACARONI WITH CHEESE.—To one quart of boiling salted water add sixteen sticks of macaroni, broken in pieces. Boil thirty minutes, then pour cold water over it and strain through colander. Make a sauce of one cup of milk, one teaspoonful of butter, two tablespoonfuls of flour, and salt to taste. Cook until it thickens, stirring constantly. Put a layer of macaroni and grated cheese in a dish, pour over sauce, sprinkle top with bread crumbs and pieces of butter.

Mrs. Crabbe.

HAM, MACARONI AND CHEESE.—Cook three-quarters of a cup of macaroni, broken into inch lengths, in rapidly boiling water, until tender. Drain and rinse in cold water. Butter a baking dish and put the macaroni into it, alternately with cold boiled ham, finely chopped, using one cup of ham. Sprinkle each layer with grated cheese and bits of butter. Beat two eggs and mix with cup of milk. Pour over macaroni, ham and cheese; and bake in slow oven till custard is formed.

Mrs. Willard.

SWEET OMELETTE.—Four eggs, two dessertspoonfuls of flour, two tablespoonfuls of sugar, one teacup of sweet milk. Beat eggs separately, mix the yolks, flour and sugar until smooth, then add the milk, to which add gently the whites of eggs beaten stiff. Fry in a little butter. Then put it in the oven for a few minutes to get brown on the top.

E. M. Hogge.

DEVILLED EGGS.—Boil six eggs half an hour. Place in cold water to prevent the whites turning dark. When cool, remove the shells and cut in half. Take out yolks and pass through a sieve. Add one tablespoonful olive oil or butter, pepper, salt, mustard and vinegar to taste. Fill the whites with the mixture. Serve on toast or on cress or lettuce leaves.

Mrs. Learmonth.

WELSH RAREBIT.—One tablespoonful of butter, one teaspoonful of cornstarch, one-half cup of thin cream, one-half pound of soft, mild cheese, cut in pieces, one-quarter teaspoonful of salt, one-quarter teaspoonful of mustard, a few grains of cayenne. Melt butter, add cornstarch and stir until well mixed; add cream gradually. Cook two minutes. Add cheese and stir until melted. Season. Serve on bread toasted on one side, and rarebit poured over untoasted side. Delicious.

Isabel Perry.

CHEESE SOUFFLE.—Melt an ounce of butter in a saucepan; mix smoothly with it one ounce of flour, a pinch of salt and cayenne and a quarter of a pint of milk; simmer the mixture gently over the fire, stirring it all the time, till it is thick as melted butter. Stir into it about three ounces of finely grated cheese. Turn it into a basin and mix with it the yolks of two well-beaten eggs. Whisk the two whites to a solid froth, and just before the souffle is baked, put them into it, and pour the mixture into a small round tin. It should be only half filled, as the mixture will rise very high. Bake twenty minutes and serve immediately.

Mrs. J. H. Dunlop.



CANNING AND PRESERVING

CANNED RASPBERRIES.—Fill the bottles with raspberries, put on the covers rather loosely, leaving off the rubbers. Place in a boiler (having thin pieces of wood underneath and between the bottles) with cold water reaching almost to the top of the bottles. Let it boil for half an hour. While boiling, make a syrup, allowing a cup of sugar and a cup of water to each quart bottle. Boil for fifteen minutes. When the fruit has boiled for half an hour, lift out one bottle at a time, fill with syrup, put on the rubber, and screw the top on tightly. Turn upside down until cool.

Or, second—Fill the bottles with raspberries and sugar alternately, allowing the same proportion; boil as before. When the jars are lifted out, fill with boiling water, add the rubbers and screw tightly. Be sure that the bottles are full to overflowing.

Or, third—Proceed as in recipe number two, only instead of filling with boiling water, take out contents of one bottle to fill up the others, thus using no water at all. This makes a much richer fruit.

M. N. Stewart.

ORANGE MARMALADE.—Cut oranges in half and slice very fine, taking out the seeds. To every pound of fruit, pour three pints of cold water and let it stand 24 hours or longer. Then cook until very well done, and let stand over night. To every pound of boiled fruit, allow one and one-half pounds of white sugar and pour one and a half pints of boiling water into the kettle, and as soon as the sugar is moistened add the fruit and boil all very hard for forty minutes. If at the end of forty minutes it is too thin, cook a little longer. Pour in jars and let stand until thick. This will keep for years. Mrs. Pfughkaupt and Mrs. Koch.

ORANGE MARMALADE.—Four sweet oranges, two bitter oranges, one and one-half lemons. Cut in short and very thin pieces. Allow one pint of cold water for each orange, none for the lemons, and soak for twelve hours. Boil till tender, then add five pounds of white sugar, and continue boiling until it begins to "string." This quantity will make enough to fill about eight marmalade bottles.

M. E. Norris.

MINCEMEAT.—Three pounds of meat, one-half pound of suet, three pounds of apples, two pounds of raisins, two pounds of currants, one pound of figs, one-half pound of citron, one-half cup of sugar, one and one-half cups of molasses, two tablespoonfuls of cinnamon, one tablespoonful of cloves, one tablespoonful of allspice one tablespoonful of salt.

Mrs. Crabbe.

MINCEMEAT.—Two pounds of lean beef, one-half pound of chopped suet, eight large apples, chopped very fine, one pound and a half of brown sugar, one pound of raisins, one pound of currants, one-half pound of citron, rind of one lemon (grated), one pint of cider. Mix well and put in a pot and let it get thoroughly heated, and after it is cooled, put in half a pint of brandy and seal it up. This will keep for a year. One teaspoonful of allspice, one teaspoonful of mace, one-half teaspoonful of cloves, one-half teaspoonful of cinnamon (ground).

Mrs. Pflughaupt and Mrs. Koch, Eden Valley Ranch.

MINCEMEAT.—Two pounds of lean beef, boiled; when cold, chop fine. One pound chopped suet, five pounds of juicy apples, pared and chopped, two pounds of seeded raisins, two pounds of currants, one-half pound of citron, chopped, two pounds of sultanas, three tablespoonfuls of cinnamon, two tablespoonfuls of mace, one tablespoonful of fine salt, one grated nutmeg, three pounds of brown sugar, one-half gallon of sweet cider. Scald cider, fruit and spices, and pour over the meat, suet and sugar. M. N. Stewart.

GRAPE CATSUP.—Boil five pounds of grapes and put through a colander; add two and one-half pounds of sugar, one-half pint of vinegar, one teaspoonful each of cinnamon,

cloves and pepper, one-half tablespoonful of salt. Then boil one hour. Mrs. Allen.

CHILI SAUCE.—Take twenty-four ripe tomatoes, four green peppers, four large onions, four tablespoonfuls of salt, six tablespoonfuls of sugar, one tablespoonful of cloves, one tablespoonful of allspice, three cups of vinegar. Chop onions and peppers fine, slice tomatoes. Celery seed to taste.—Cook two hours. Mrs. Willard.

CELERY SAUCE.—Fifteen ripe tomatoes, two red peppers, two heads of celery, two large onions, two cups of vinegar, eight tablespoonfuls of sugar, two tablespoonfuls of salt. Chop all fine and boil till thick—about one and one-half hours. Mrs. Learmonth.

SWEET PICKLES.—Four cups of vinegar, four cups of brown sugar, two tablespoonfuls of whole cloves, allspice and cinnamon, seven pounds of fruit, watermelon rinds, apples, ripe cucumbers (seeded). Boil fruit until it can be pierced with a straw, put in cans; boil other ingredients a few minutes. Pour over fruit while hot, and set away. Mrs. Williams.

SWEET PICKLES.—Nine pounds of tomatoes, four pounds of sugar. Stick each tomato with cloves, put into water, and boil until soft; then put into boiling sugar and white vinegar. Mrs. E. Thomson.

SPICED PLUMS.—Seven pounds of plums, one pint of cider vinegar, four pounds of sugar, two tablespoonfuls of broken cinnamon bark, half as much whole cloves, and the same of broken nutmeg. Place these in a muslin bag and let simmer in a little vinegar for half an hour. Then add it all to the vinegar and sugar and bring to a boil. Add the plums and boil carefully until they are cooked tender. Before cooking the plums, they should be pierced with a darning needle several times. This will prevent the skin from bursting while cooking.

SPICED PEARS.—Make a syrup of five pounds of sugar and two pints of vinegar, to which add (before cooking) one tablespoonful each of cloves, cinnamon and mace, tied in a thin muslin bag. In this quantity of syrup nine pounds

of pears can be spiced, which may be cut in halves or quarters as desired. Drop the fruit into the boiling syrup and allow them to remain until clear. Place the pears in cans, boil the syrup until thick, and pour over the pears, then seal. If the skins are not too tough, they may be left on the pears.

Mrs. Brazil.

CABBAGE PICKLE.—Four large crisp cabbage, chopped fine, one quart of onions, chopped fine, two quarts of vinegar, two pounds of brown sugar, two tablespoonfuls of ground mustard, two tablespoonfuls of black pepper, one tablespoonful of alum, two tablespoonfuls of cinnamon, two tablespoonfuls of celery seed, one tablespoonful of allspice, one tablespoonful of mace. Pack onions and cabbage in alternate layers with a little salt. Let stand over night, drain; scald vinegar, sugar and spices together, pour over cabbage and onions. Do this three mornings in succession. On the fourth morning put all over the fire, heat to a boil, let boil five minutes. When cold, pack in small jars for use.

C. F. MacLeod.

CRABAPPLE CATSUP.—Three pounds of fruit, two pounds of sugar, one quart of vinegar, one tablespoonful each of cloves, pepper, and cinnamon; one teaspoonful of salt. Scald fruit, run through colander, mix all together. Boil one hour.

C. F. MacLeod.

RIPE CUCUMBER PICKLES.—Peel yellow cucumbers and seed, cut in slender strips, cover with cold vinegar over night, drain in morning through colander or sieve. Take enough fresh vinegar to cover spices and add the following: One pound of sugar, one ounce of cassia, a few cloves. Boil till clear, put spice in muslin bag with half stew kettle of cucumber.

GREEN TOMATO PICKLE.—One gallon of green tomatoes, six large onions, one quart of vinegar, two cups of sugar, one teaspoonful of mustard, one teaspoonful of salt, one teaspoonful of black pepper, one teaspoonful of whole cloves, one teaspoonful of whole allspice. Boil and seal.

CHILI SAUCE.—One dozen tomatoes, two onions, three red peppers, one cup of sugar, salt to taste. Boil for two hours.

Mrs. George J. Connell.

GREEN TOMATO SPICED PICKLE.—Take fourteen pounds of green tomatoes, six large onions, slice them both, sprinkle with a cup of salt and allow it to stand over night. In the morning drain and add two quarts of water and one quart of vinegar. Boil fifteen minutes, then drain again, throwing away the water and vinegar. Add two quarts of fresh vinegar, two pounds of sugar, one ounce each of cloves, whole ginger, allspice, mustard and cinnamon, one saltspoonful of pepper. Tie the spices up in a muslin bag. Boil for fifteen imnutes.

FAVORITE PICKLES.—One quart of raw cabbage, chopped fine, two cups of sugar, one tablespoonful of salt, one teaspoonful of black pepper, one-quarter teaspoonful of red pepper, one teacupful of grated horseradish. Cover with vinegar.

CHUTNEY SAUCE.—Four pounds of tart apples, four pounds of ripe tomatoes, two pounds of brown sugar, three pounds of stoned raisins, two ounces of salt, three ounces of ginger, two ounces of allspice, one-half ounce of pepper, four onions, two quarts of vinegar, and the juice of three good lemons. Let it simmer on the back of the stove until it comes to a boil.

CHILI SAUCE.—Twenty large ripe tomatoes, eighteen apples, nine large onions, one and one-half-pints of vinegar, one teaspoonful of ground cloves, one teaspoonful of nutmeg, one-half teaspoonful of allspice, one-quarter teaspoonful of pepper, ten tablespoonfuls of sugar, two tablespoonfuls of salt. Chop tomatoes, onions and apples, add all the other ingredients, and cook slowly for three or four hours.

Mrs. W. Burgess.

CANNED PEACHES.—Pare the peaches by dipping them in boiling water and then in cold water; when the skins may easily be rubber off. Cut in halves, or if very large, in quarters; remove the pits, and boil slowly for a few minutes in a syrup made of one cup of sugar and one pint of water for every quart of fruit. Put the peaches in the jars and fill them with the hot syrup. Seal quickly.

Mrs. W. Macdougall.

CANNED PINEAPPLE.—Pare the fruit, remove all the eyes, shred the fruit from the hard core, and boil it slowly for half an hour in a syrup made of one cup of sugar and one cup of water for every quart of fruit.

Mrs. W. Macdougall.

CANNED BLACKBERRIES.—Wash and drain the berries, and to every quart of fruit allow one cup of sugar and one-half cup of water. Let the water and sugar come to a boil, add the berries and boil slowly for ten minutes. Pour into hot jars and seal.

Mrs. W. Macdougall.

PRESERVED STRAWBERRIES.—To one pound of the berries allow one pound of sugar and one cup of water. Make a syrup of the sugar and water, to which add the berries, allowing them to boil five minutes. Put into hot jars and seal.

Mrs. W. Macdougall.

SWEET TOMATO PICKLE.—Wash and weigh eight pounds of green tomatoes, slice them, and allow four pounds of sugar, two quarts of vinegar and eight onions. Let the vinegar boil with the sugar, skim it when cooled a little, add the sliced onions, two tablespoonfuls of salt, one tablespoonful each of cinnamon and cloves, one grated nutmeg, and a little cayenne. Add the tomatoes, and let it boil only a few minutes.

Mrs. W. Macdougall.

SPICED CRABAPPLES.—For a peck of apples make a syrup of one pint of vinegar, one cup of water, five pounds of sugar, one-half teacupful of mustard seed, and one tablespoonful each of whole cloves, whole allspice, and stick cinnamon. When boiling, put in the apples, a few at a time, and cook until soft. Put them in a jar and pour the syrup over them.

Mrs. W. Macdougall.

PICKLED CAULIFLOWER.—Break into small pieces a good white head of cauliflower, and boil in salt water for ten minutes or until tender. Skim out the pieces and drain them thoroughly. Place them in a pickle jar, and pour over them enough boiling vinegar to cover, in which has been boiled a few whole cloves, allspice, peppercorns and stick cinnamon tied in a bag.

Mrs. W. Macdougall.

RASPBERRY VINEGAR.—Take nine quarts of berries, mash them somewhat and cover them with vinegar and let them stand twenty-four hours; then squeeze out the juice and add a pint of sugar to each pint of juice. Boil fifteen minutes, and then bottle tightly. A pleasant drink is made by putting two or three spoonfuls of this vinegar into a glass of ice-water. Mrs. R. A. Wallace.

APPLE BUTTER.—Stew kettle of crabapples. Boil and squeeze through strainer. Add flavoring and one-half pound of sugar to each pound of pulp. Boil till thick, and put in crocks. Mrs. Connell.

APPLE JELLY.—One stew kettle of apples covered with water and boiled till soft. Put in thin bag and let drain over night. Then add one pound of sugar to each pound of juice. Boil till it jellies. Mrs. Connell.

DANDELION DRINK.—Two quarts of dandelion blossoms, one gallon of soft water. Boil twenty minutes and strain, then add three pounds of white sugar, two sliced lemons. Boil twenty minutes longer. When lukewarm, stir in three tablespoonfuls of yeast or one-half yeast cake. Mrs. Connell.

RASPBERRY VINEGAR.—Cover berries with vinegar, and let them stand over night. In the morning, squeeze and strain. To each pint of liquid add one pound of sugar. Boil to a thin syrup, and bottle. Mrs. Learmonth.

CANNING.—To each quart bottle allow one and one-half cups of sugar and three-quarters of a cup of water. Boil two or three minutes. Have bottles filled with fresh fruit and pour syrup over it. Place covered jars on thin pieces of wood in a large dish of cold water, and let them boil for twenty minutes for large fruit and fifteen minutes for small fruit. Mrs. Learmonth.

MINCEMEAT.—Two pounds of lean beef (cooked), chopped fine, one pound beef suet, chopped fine, five pounds

of minced apples, three pounds of raisins, two pounds of currants, one tablespoonful cinnamon, two grated nutmegs, two ounces of mace, five tablespoonfuls of salt, two and one-half pounds of sugar, one-half pound each of lemon, citron and orange peels, minced fine, one-half pint of sweet cream, one pint of fruit juice.

Mrs. Willard.

PRESERVED RIPE CUCUMBERS.—Pare and take seeds from ripe cucumbers, cut in small pieces, sprinkle with salt and let stand over night. In the morning drain. Boil two quarts of vinegar, one pound of sugar, some whole cinnamon. When vinegar boils place some of the cucumbers in the vinegar and cook till tender. Remove with a spoon and place in a jar. Put in alternate layers of cooked cucumbers and dill, then place on top a bag with mustard seed and mixed whole spice.

Mrs. Pflughaupt.



CANDIES

STUFFED DATES.—Chop rather fine nuts, several kinds, moisten with orange juice, and sprinkle with enough confectioner's sugar to make them stick. Remove stones from dates, press in nut mixture, and roll in sugar.

M. N. Stewart.

FUDGE.—Two cups of sugar, one cup of cream or rich milk, a piece of butter the size of an egg, three-quarters of a cup of grated chocolate. Boil fast for five minutes, stirring constantly. Take from the fire, add two teaspoonsfuls of vanilla, beat for a few minutes, pour on buttered plates and set aside to cool. This makes two pounds of candy.

Mrs. Wallace.

FUDGE.—Two cups of white sugar, one cup of sweet milk, butter the size of an egg, lump of unsweetened chocolate the size of an egg. Boil ten minutes, beat well.

M. N. Stewart.

WHITE CANDY.—Two cups of white sugar and one-half teaspoonful of butter. Moisten this with a little water and vinegar. Boil till hard, when tried with a little cold water. Pour out quickly in a buttered pan, so it will not drain. Keep turning the mixture over so that it will cool evenly, then pull till cold and white.

Mrs. Partridge.

PEANUT BRITTLE.—Put two cups of sugar in a spider over not too hot a fire; stir constantly until it melts; then stir in quickly one teacupful of chopped peanuts, mix thoroughly and pour on a buttered platter; spread thin.

Mrs. Smith.

CHOCOLATE FUDGE.—Two cups of granulated sugar, one-half cup of cream, one-half cup of Baker's (unsweetened) chocolate, grated, piece of butter the size of a walnut; put all over the fire and stir constantly. Cook

until a spoonful dropped into cold water is easily formed into a ball, but not hard or brittle. Remove from the fire at this stage and flavor with a teaspoonful of vanilla, stir until it begins to set. Pour in buttered pan to depth of one-half inch, and mark off in squares. **Mrs. Smith.**

COCOANUT CREAM.—Two cups of white sugar, milk enough to moisten, a small piece of butter, one-half cup of cocoanut. Boil until it hairs, then beat: **Mrs. Varley.**

CHOCOLATE CREAM.—One and one-half pounds of brown sugar, one-half cup of milk, a small piece of butter, half a cake of chocolate; flavor with vanilla. Boil fifteen minutes and beat. **Mrs. Varley.**

BUTTER SCOTCH CANDY.—One cup of molasses, one cup of sugar, one-half cup of butter. Boil until done.

Edna Wallace.

CARAMELS.—Equal quantities of milk, sugar, molasses and chocolate. Put a little butter into a kettle and boil it like candy. **Edna Wallace.**

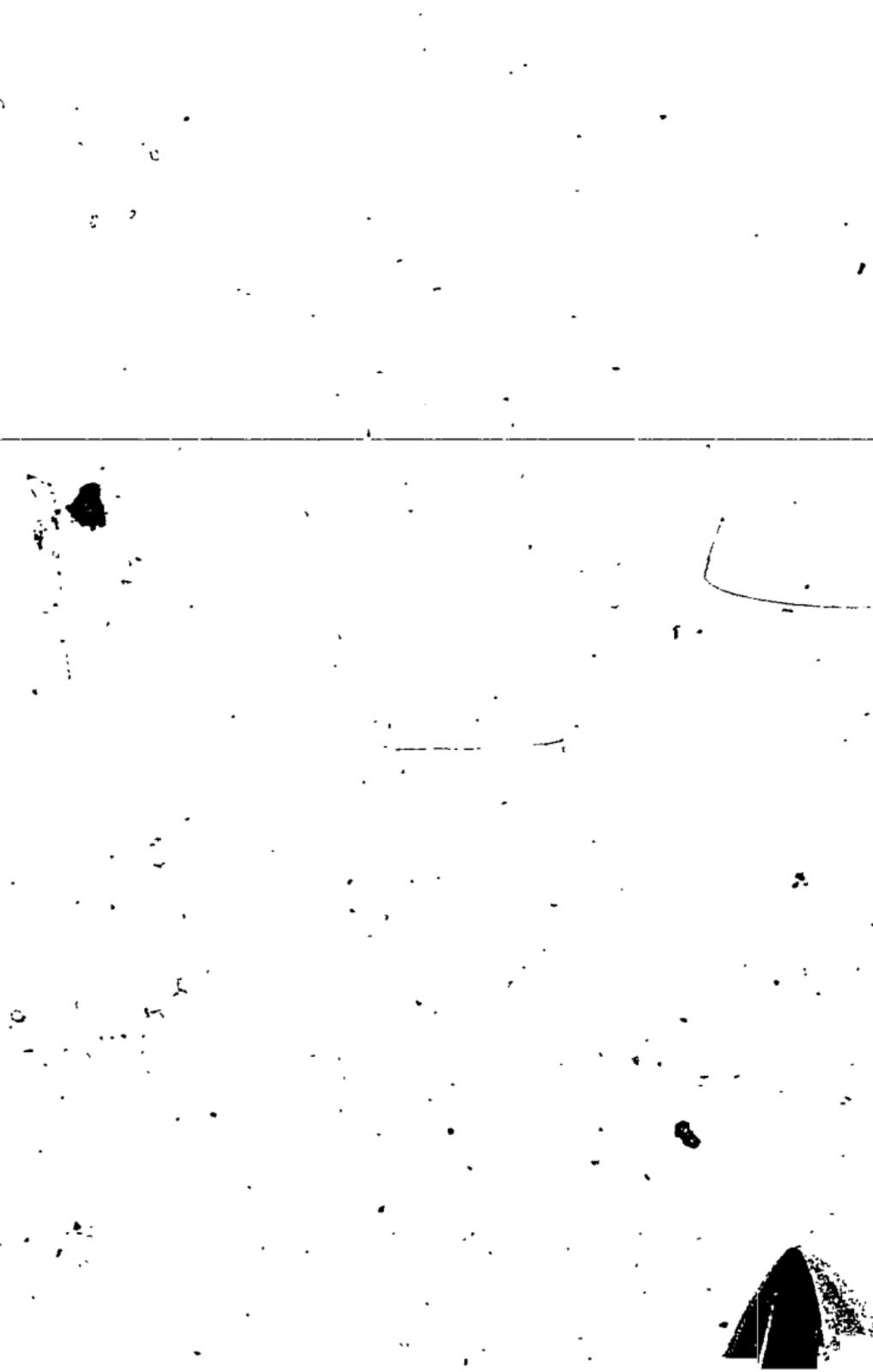
FUDGE.—One cup of white sugar, one-half cup of sweet milk, two and one-half tablespoonfuls of grated chocolate, scant two tablespoonfuls of butter. Put on stove and let boil for ten minutes after boiling begins. Take off and beat until creamy, then turn on to buttered plates and mark into squares. **Edna Wallace.**

PEANUT CANDY.—Two cups of sugar, one-half cup of water; let it boil; then add one-half teaspoonful of cream of tartar, dissolved in a little cold water. Cook until, when dropped in cold water, it is brittle, then add a small piece of butter the size of an English walnut; cook a few minutes longer. Pour over the shelled nuts, already spread in a buttered tin, and set away to cool. **Edna Wallace.**

1/2 cup of Brown sugar
2 cups of Brown sugar
1 " white "
1 " milk
1 " Chopped nuts
1/4 cup molasses
1 tablespoon butter
4 " coco id
1 tea of vanilla
1 salt
1/2 cup salt

1/2 cup Orange cream
Brown sugar 3 cups
water 1 "
Butter 1 egg
1 cup 1 cup
orange peel 1 cup
Chopped fine
Cook sugar butter & water
till form ball in water
then add peel & nuts.

crystallized ginger for sandwich



THE
Sherwin-Williams

Paints and Varnishes

PREPARED READY FOR USE



SOLE AGENTS:

The High River Drug Co. Ltd

Partridge & Matheson's Implement Repository

DEALERS IN ALL KINDS OF

McCormick and Cockshutt Farm Implements,
Grey and Armstrong Buggies and Carriages,
Weber and Adams Wagons.

Railway St. - - - - - High River, Alta.

WHAT'S THE USE

of all the worry and trouble of baking bread, cakes and pastry, when you can obtain any variety you may require made from the very best ingredients. Orders a specialty. Give us a call.

High River Model Bakery.

F. PATTON

DON'T FORGET THAT THE

Saratoga Restaurant

is the place to go when you come to town.
Good Meals, Good Beds, and what's still better,
a welcome that makes you feel at home.

MRS. RUTHERFORD.

Is your House Insured?

Is your Furniture Insured?

IF NOT APPLY TO

COLLYNS, ALLEY & CO.

4th St. West,

HIGH RIVER.

Agents for the best Fire, Life, Accident and
Guarantee Insurance Companies.

Phone 43

P.O. Box 50

When in High River you should
Patronize

THE ALBERTA STABLES

They are by far the most up-to-date Livery.
Feed and Sale Stables in the City.

MCKENZIE & FINDLAY,
Proprietors.

THE BEST COOKS

Always ask for the Best Groceries. We aim to carry
a Pure and Unadulterated Stock.

Always CLEAN, FRESH and PURE

YOUR TRADE We Solicit.

CONSIDER—Are we entitled to it or at least a
share. If so, kindly call and leave us a trial order.
We will guarantee you satisfaction.

The J. A. G. Cash Store

(J. A. GILLIS, Prop.)

WE CARRY MONTHLY ACCOUNTS IN GROCERIES

The Good Housekeeper * Deserves * A Good Home.

We have a most complete list of Town
Houses and Residence Sites,
or,

If you wish to Build call and get
information concerning our monthly
repayment plan.

OWN YOUR OWN HOME

ROBERTS & HART

LOANS * * INSURANCE * * LAND

High River, Alberta.

Little Bow Trading Company

Limited

Dealers in Groceries, Flour, Feed, Dry
Goods, Crockery, Hardware,
Clothing, Boots, Shoes,
Etc. Etc.

SIGN WORK A SPECIALTY

R. E. SOBEY
Practical Painter
HIGH RIVER - - - Alta.

* * *

Paperhanging, Kalsomining, Graining,
Gilding, All Kinds of Painting.

R. P. ANDERSON

P. D. BOWLEN

Anderson & Bowlen

IMPLEMENT DEALERS

Massey Harris Co.
American Abel
Sawyer Massey
Ontario Windmill
and Engine Co.
McLaughlan Buggies
Bain Wagons
Studebaker Wagons,
Threshing Outfits
Cream Separators

Binders
Mowers
Rakes
Drills
Cultivators
Disks
Plows
Wagons
Windmills

WOULD YOU HAVE
The Best Jewelry
And an Accurate Time Piece?

Be sure that your purchases are made where nothing but high grade goods are offered—where quality reigns supreme, and still where the price level is within easy reach of all. Ours is such a store. In Silverware and Sterling Silver Novelties we have a splendid lot from which to make a selection. Our Watches and Clocks never wait. They and the Sun keep time together. Watches and Jewelry Repairing a specialty. All work guaranteed.

GEO. E. ASH,

Wedding Rings. Engagement Rings. Issuer of Marriage Licenses.

HIGH RIVER,

ALTA.

The Enterprise Lumber Co. Ltd.

Cor. Fourth and Railway Sts. East,

Solicits the patronage of the citizens of High River and District. We keep a complete stock of

All lines of Building Material

INCLUDING

Dimension,	Flooring,
Shiplap,	Geiling,
Siding,	Finish,
Sash, Doors and Mouldings,	

in our yard, at right prices.

Prompt and courteous attention given to customers.

Building estimates cheerfully furnished.

Headquarters for Domestic Coal.

GEO. E. MACK,
Local Manager.

THE MALLEABLE RANGE

Made in South Bend.



ALWAYS FOUND IN
THE BEST HOMES

WILL LAST A LIFETIME

Fully Guaranteed

* * *

HESLIP,
KELLY &
YOUNG

Hardware &
Furniture

Dr. Thomas E. Leclaire

VETERINARY SURGEON
and HORSE DENTIST

HIGH RIVER * * * Alta.

BALLANTYNE BROS.

DEALERS IN

**Shelf & Heavy Hardware
Stoves and Tinware**

**Job Work and Dairy Supplies
a specialty**

High River Meat Market

HIGH RIVER.

Butchers, Pork Packers and Dealers in
Live Stock and Hides.

A large quantity of Beef, Hams, Lard, Bacon,
&c. always on hand at lowest prices.

Phone 23.

P. O. Box 17.

THE HIGH RIVER TIMES

Best Advertising Medium in Southern Alberta. \$1.50 per year.

JOB PRINTING

We do the best of work in neat and attractive styles and to
your satisfaction

CHARLES CLARK, Proprietor.

... THE ...

ALBERTA HOTEL

The best equipped Hotel in
Southern Alberta.

J. W. ROUTLEDGE, Proprietor.

TO THE LADIES OF HIGH RIVER - COME TO MACMILLAN & CO.

For your HOUSEHOLD SUPPLIES

- Your monthly allowance will then have a balance in favor of yourself and you won't have to ask your husband for an extra allowance.
- Give us a trial and you will be surprised at our good Goods and good Value.

Cocoa Drop Cakes

5 Tablespoons shortening

1 1/2 cups sugar

1/2 cup milk

2 eggs

1 1/2 cups flour

1/2 round cloth teaspoon B.P.

1/2 cup cocoa

1 teaspoon baking soda

1/2 cup soda

1/2 cup vanilla

This is a simple & sugar filled cake. Add milk with beaten eggs. Mix well. Sift flour, B.P. & 1/2 cup cocoa into mixture & stir well. Add baking soda dissolved in 1 teaspoon water. Grease muffin tins & put 1 Tablespoon mixture in each & bake in hot oven about 20 mins. makes 12 cakes.

